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Take control of your life and your health through what you eat with *Healing Foods*, an indispensable resource that shows you exactly what foods are best, and how to optimize their super-food potential.

With more than 200 healing foods, from carrots to clementines, and 150 easy-to-prepare recipes that heal, *Healing Foods* empowers readers to practice optimum nutrition, and shows how certain foods can be incorporated into daily life to target specific health issues.

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