

# Food as Medicine: How to Use Diet, Vitamins, Juices and Herbs for a Healthier Life (Paperback)

- Common

By (author) Dharma Singh Khalsa

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## Food as Medicine: How to Use Diet, Vitamins, Juices and Herbs for a Healthier Life (Paperback) - Common

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This is a practical prescriptive guide to achieving health with the right natural foods and supplements, outlining a detailed, forty-day nutritional plan that features health-bolstering recipes.



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