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See Why Food Is Your
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Unfortunately, relying
on the media, food
corporations, and
popular diet gurus will
lead you astray when it
comes to achieving your

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optimum health. In this popular book by Dr. Brownstein, filled with easy-to-follow steps for making the right food choices (and recipes to help you with healthy eating), you'll discover:

~~The Guide to Healthy Eating~~

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Try to base your diet

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around these healthy
food groups: Vegetables:

These should play a
fundamental role at
most meals. They are
low in calories yet full of
important

micronutrients and fiber

... Healthy Eating — A
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Beginners In the spirit of
those chefs, journalists,
and food writers who
have brought a spotlight

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Most illnesses start in
the gut, including many
you would not even
think of!

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Most illnesses start in the gut, including many you would not even think of! And if your gut isn't functioning right, it sets the stage for illness and disease. The gut—the gastrointestinal system—is designed to absorb nutrients that

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support our bodies and help us make energy, and get rid of things that we don ' t need or are toxic. But what happens when the system breaks down? Leaky gut syndrome (LGS) occurs when the lining of the small intestine is damaged, allowing foreign compounds to escape into your bloodstream, which

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weaken your immune system and triggers autoimmune reactions.

Traditional physicians don ' t understand what LGS is—much less how to diagnose and treat it.

In fact, it is estimated that more than 80 percent of people with chronic illnesses have leaky gut, an overgrowth of bad bacteria, or not enough

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good bacteria. Here are
some symptoms that
may be caused by LGS:

Digestive complaints,
acid reflux, IBS,
Crohn ' s disease Joint
and muscle pain,
arthritis Obesity and
food allergies

Headaches, depression,
anxiety, ADHD Itchy
skin, rashes, eczema,
acne, rosacea, psoriasis

In Heal Your Leaky

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Gut, Dr. David

Brownstein will explain

how the gut—like the

brain, heart, and

liver—needs to be

properly nourished in

order for it to function

correctly. Simply stated,

if your gut is not

healthy, your immune

system is going to suffer.

Improving your gut

health and taking fewer

drugs will help you feel

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better and look younger, improve your brain function, and treat myriad medical conditions. This book will give you all the information you need to change what you are now doing so you can have optimal gut health and, as a result, overall health and well-being.

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There is a better way to feed your baby. Super Nutrition for Babies gives parents the latest science-verified nutritional recommendations for feeding their child. Based on a program used at one of the largest holistic practices in the country, this book provides information on

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all aspects of nutrition and feeding, including introducing meat in a child ' s diet, healthier alternatives to dairy and soy, starting solid foods, establishing a regular eating schedule, dealing with picky eating, and the best foods for every age and stage so your baby gets the best nutrition to minimize illness and optimize

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This book will show you how the soy industry has used half-truths and deceptive advertising in order to promote soy as a healthy food. Soy ingestion can cause a myriad of severe health issues such as cancer and thyroid disorders as well as other endocrine

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problems. Read this book to understand why you should avoid soy in your diet and find out which forms of soy are the most dangerous.

If you ' re a breast cancer survivor, chances are you have renewed your commitment to maintaining your good health and taking care of your body. As one of

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the best preventative measures known to doctors and nutritionists today, a robust, cancer-fighting diet is vital to your personal plan for breast cancer prevention.

The Whole-Food Guide for Breast Cancer Survivors is an essential guide for every woman seeking to understand the effect of nutritional deficiencies

Read Online Guide To and environmental factors on her overall health and wellness.

Based on Edward
Bauman ' s
groundbreaking Eating
for Health model, this
highly comprehensive,
practical approach can
help you reduce the
chance of breast cancer
recurrence; rebuild your
immune system; and
enjoy a stronger,

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Healthier body. Reduce the chance of breast cancer recurrence by:

- Incorporating cancer-fighting foods into your diet
- Indulging in safe, nontoxic cosmetics and body care products
- Understanding the role of essential nutrients in maintaining your health
- Managing your weight and balancing

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- Nourishing your immune, detoxification, and digestive systems

A holistic approach to dealing with back pain explains how to use an all-natural program that combines mind-body techniques, specific stretching exercises,

Read Online Guide To Healthy Eating, diet and nutrition, and mental pain-coping strategies. Reprint.

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