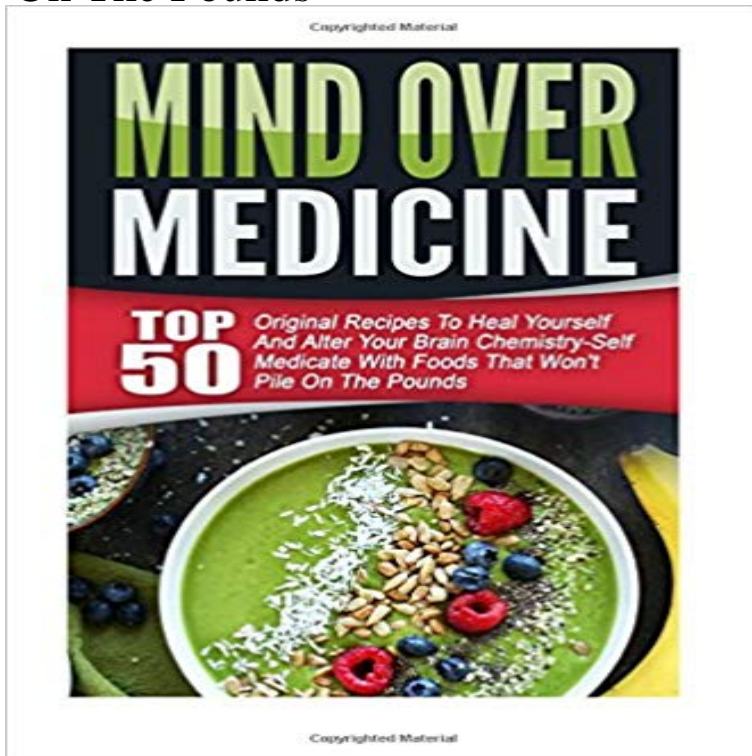


Mind Over Medicine: Top 50 Original Recipes To Heal Yourself And Alter Your Brain Chemistry-Self Medicate With Foods That Wont Pile On The Pounds



Top 50 Original Recipes To Heal Yourself And Alter Your Brain Chemistry-Self Medicate With Foods That Wont Pile On The Pounds Whether youve been diagnosed with an illness or, if youd like to simply maintain general good health, anti-inflammatory, antioxidant-rich foods are the way to go! Being healthy means putting the right fuel into your body and having your internal engine run smoothly. Every meal that you consume influences the way that you feel one way or another so the more nutritious foods you choose, the healthier you will be. Whole foods act as medicine to heal and protect your body and give the immune system a break from dealing with toxins, preservatives, additives and chemicals that are included in so many of todays processed foods. If you are eating junk food everyday with little or no nutrition, your body will not be receiving all of the nutrients it needs to function properly and health issues can arise. All that your body can operate on are the foods that you choose to put into it. Healthy nutrient-rich and alive foods help to heal the body at cellular level and build strong defenses enabling you to combat illness and environmental toxins. Here Is A Preview Of What Youll Learn... The Connection between Food and Health Southeast Asian Pumpkin Soup Creamy Broccoli and Edamame Soup Brussels Sprouts with Parsley and Cranberries Wheat Berry Salad with Feta Cheese Tropical Chicken Curry Pumpkin and Cheese Risotto Southeast Asian Eggplant and Mustard Greens Curry Cherry Scones with Fennel Almonds Banana Muffins Marinara Pasta with Roasted Tomatoes Garlic Egg Noodles Much, much more! Buy your copy today! Try it now, click the add to cart button and buy Risk-Free

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