



Meals That Heal: Anti Inflammatory Healthcare & Free from Cooking

Karen L. Maidment

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Food as Mother Nature Intended Learn How to Prepare Simple, Healing Meals for the Whole Family. Enjoy over 100 Low Processed Sugar, Gluten, Grain, Pasteurized Dairy, and Soy free recipes that will help you heal inflammation and pain, taking the stress out of healthy food preparation without numbing your taste buds! More than just a cookbook, Meals that Heal is a tool to inspire, educate and bring fun back into the kitchen. Karen will take you on a journey of self healing with the essential nutritional info, culinary tools and kitchen resources needed to help you overcome common health challenges such as digestive disorders, chronic energy issues, joint pain, hormonal challenges and skin conditions.



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