

Healing Foods - Download Recipes/manuals

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Would you like to live a longer and healthier life and make fewer trips to the doctors office and the pharmacy? You can with the information that will be revealed to you in Healing Foods -Important Information You Need For A Healthier Life. Dear Friend, Would you give me just a few minutes of your time today to tell you some important information that could add years to your life? We all know the importance of eating healthy foods for there vitamin and mineral content, but in recent years, scientists have discovered that there are hundreds of substances in food that have healing and disease prevention properties. So why, if there are foods that will heal many of our common ailments, have we not heard more about them? Maybe it is because, just as we have become a fast food society, we have also become a fast cure society. We are looking for the easy way to cure and prevent diseases by just popping a pill. Just look at the increasing number of commercials on TV and the ads in magazines for drugs. Many times the side effects sound worse than the disease they are meant to prevent or cure! Wouldnt it be better to use natures own remedies, remedies with no side effects, to cure and prevent diseases? Of course it would! That is why I decided to write Healing Foods -Important Information You Need For A Healthier Life. In Healing Foods -Important Information You Need For A Healthier Life, you will discover how to use common foods to prevent many of the diseases that our society suffers from. You will learn about: How you can cut your risk of heart disease by forty percent with this simple snack. A tasty fruit that can help block the effects of second hand smoke. An easy to make drink that can reduce your risk of stroke and ease arthritis pain. A food that can help prevent and control diabetes. A great tasting snack that can help elevate your mood. Simple foods that can reduce your risk of many types of cancer. And Much More! When it comes to your health, can you really afford to wait? Please, for the sake of your health and the health of your loved ones, I urge you to get this book right now. Healing Foods -Important Information You Need For A Healthier Life, is delivered in PDF format and is viewable on any computer. All you need is Adobe Reader which is available free and already on most computers.

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