

# Ten Talents Cookbook

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abstract the nutritional philosophy of an individual who experienced severe allergic reactions to many food products is offered for the general public suggesting the elimination of all artificial colors flavors preservatives white flour refined sugar caffeine and hydrogenated vegetable oil from the diet the author provides ideas and methods for helping children develop appropriate food habits and avoid junk food she tells you how to set goals train children and cope with persons who undermine good training the appendices include brief descriptions of the sources and functions of nutrients natural food recipes and substitution guide and a suggested reading list kbc

look 10 years younger in 21 days lose 5 to 20 pounds permanently regain youthful energy optimism and vitality i have extensively utilized various cleansing and rejuvenation practices these practices are some of the most powerful healing therapies i have seen elton haas md

an expertly designed step by step health regimen that shows readers how to turn the home into a personal spa that will help to cleanse the body of toxins and waste improve skin quality tone the body restore energy and eliminate common health problems

discusses how individuals can persuade u s industry to adopt more environmentally sound practices

breaking the myth of the traditional farm the author brings public attention to the vast cruelties of factory farming where most animals are cared for in hi tech environments

increasing numbers of people including actress drew barrymore pop star moby and actor alec baldwin are embracing veganism a lifestyle that entails avoiding all animal based products and behaving ethically and conscientiously within our surroundings in the vegan sourcebook long time activist joanne stepaniak further explores and illuminates the principles and practical

aspects of compassionate living

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