



Prescription for Dietary Wellness: Using Foods to Heal

Phyllis A. Balch CNC

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how to avoid potential dietary dangers, including threats to water safety, foodborne diseases, food additives, food irradiation, antibiotics, genetically engineered foods, and undesirable substances such as caffeine, cholesterol, and sugar.

While not a cookbook, **Prescription for Dietary Wellness** also includes a number of easy, wholesome recipes and advice on cooking methods. It is a complete, practical guide to eating for good health.

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