



Joyful Cooking in the Pursuit of Health: Restore and Heal Through Nutritional Balancing

Joy Feldman

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From a comprehensive healing system, to reorganizing your kitchen, followed by delicious recipes from a variety of cuisines, this thought provoking volume has been created to be both your health and kitchen resource. Joyful Cooking, the only cookbook designed for the nutritional balancing program, but wonderful for anyone interested in improving their health, offers the reader a chance to design a total health program that's right for your metabolic type.

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