



# The Whole Journey Cookbook: 180 Delicious Ways to Use Food as Medicine

*Christa Orecchio*

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## **The Whole Journey Cookbook: 180 Delicious Ways to Use Food as Medicine** Christa Orecchio

Put together by a team of clinical and holistic nutritionists from thewholejourney.com, this book teaches anti-inflammatory eating. 90% of the recipes are gluten and dairy-free. None of the recipes contain sugar so it helps one gently detoxify from sugar while still keeping sweet, delicious desserts in their diet. At The Whole Journey, we never focus on willpower, deprivation or denial - only adding good stuff in, so the cravings for the not-so-good stuff can fall away. In this cookbook, you will also learn how to use healthy fats and oils for hormonal balance and weight loss as well as how to truly embrace using food as medicine to create a vibrantly healthy lifestyle.



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#### **Mary Hopkins:**

Spent a free time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their very own friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? May be reading a book may be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the e-book untitled The Whole Journey Cookbook: 180 Delicious Ways to Use Food as Medicine can be very good book to read. May be it could be best activity to you.

#### **Christopher Burnham:**

A lot of people always spent their particular free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity that is look different you can read any book. It is really fun in your case. If you enjoy the book that you just read you can spent the whole day to reading a reserve. The book The Whole Journey Cookbook: 180 Delicious Ways to Use Food as Medicine it is quite good to read. There are a lot of people that recommended this book. We were holding enjoying reading this book. When you did not have enough space to deliver this book you can buy typically the e-book. You can m0ore simply to read this book from the smart phone. The price is not to fund but this book possesses high quality.

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