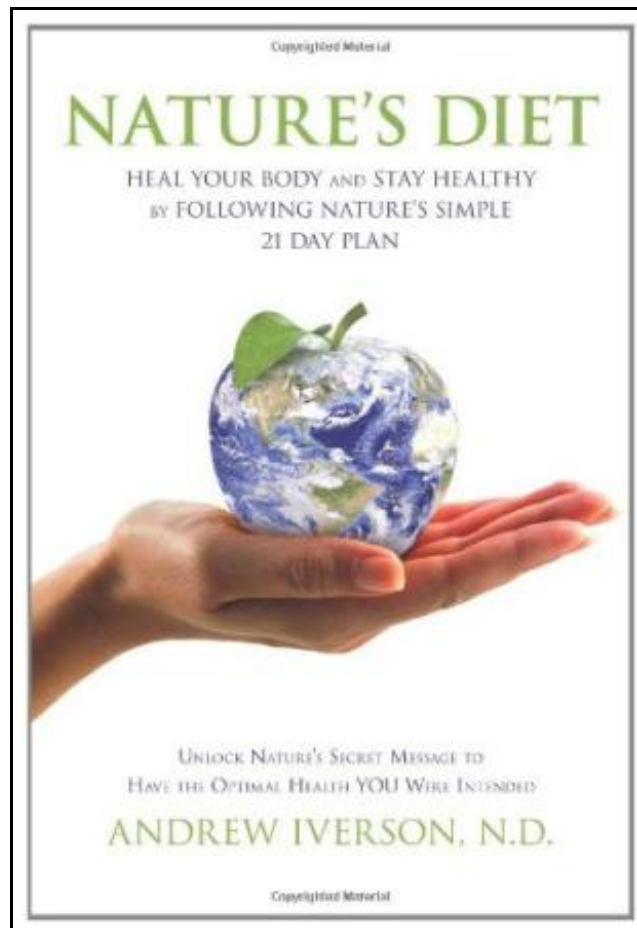


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Trilium Health Press, United States, 2010. Hardback. Book Condition: New. 231 x 155 mm. Language: English . Brand New Book. Nature Holds the Keys to You Healing The answers you ve been seeking to heal your body and stay healthy have always been available to you. The wisdom has been right in front of your eyes the whole time, but somewhere along the way, you stopped paying attention to Nature s message. Our distant ancestors solely on Nature s kitchen for survival; our diet today comes from Man s Laboratory. Our food is man-made, genetically engineered, an loaded with chemicals and toxins. Falling away from Nature s Diet has resulted in a civilization riddled with illness and poor health. Never before in human history has Man been so plagued with heart disease, diabetes, cancer, autoimmune diseases, and neurological disorders. By reading Nature s Diet you will learn: - Why some people are better as vegetarians and some better as meatarians - Why hidden food allergies could be having a negative impact on your health - Which foods have been tainted with chemicals so you become addicted to them - How breakfast cereal and school lunch can affect your child s grades and behavior - Why some sugars are actually vital for your immune system - How you cook food can increase your risk of cancer and heart disease - Why some foods (even meats) are better eaten raw and others better cooked - How nutrients are lost if food is not prepared or stored properly - How to shop for groceries that are high in nutrition and low in cost - Which supplements to choose and why your multivitamin could be toxic - How you can still enjoy your treats and favorite restaurant foods - Why your sleep can be...

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