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Recipe for Life 2: The Gawler Foundation Cookbook Delicious, Healthy Recipes with Important Nutritional Information

By Dorothy Edgelow

Michelle Anderson Publishing, Australia, 2008. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book. A RECIPE FOR LIFE 2 offers a complete pathway to health. Providing over 170 new wheat, dairy and egg-free recipes and important nutritional information to help you follow this path. Vibrant health results from knowing and supplying your body with all it needs. Planning and following an eating pattern that leaves out many of the chemicals, additives and highly processed foods that are available as well as concentrating, where possible, on clean nutritious organic grains, vegetables and fruit along with some fish and meat, will allow you to feel positive and empowered to make decisions concerning your life. To find peace of mind which in turn can lead to a healthy, happy blessed life.



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Reviews

This book will be worth getting. Better then never, though i am quite late in start reading this one. Its been written in an extremely basic way which is only right after i finished reading this book through which actually altered me, alter the way i believe.

-- **Mr. Enrico Lesch**

Basically no phrases to clarify. It really is writter in straightforward phrases rather than hard to understand. You will not sense monotony at at any moment of your own time (that's what catalogues are for concerning if you ask me).

-- **Doris Beier**

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