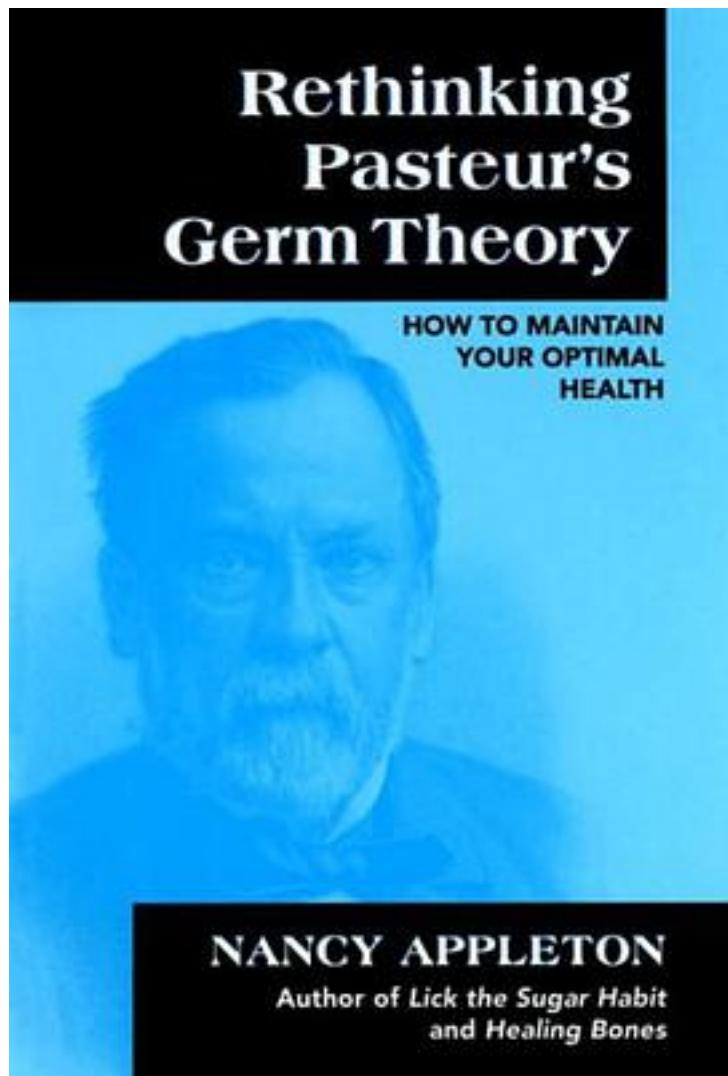


# Rethinking Pasteur's Germ Theory



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Rethinking Pasteur's Germ Theory is more than a history of medical science. Throughout the book, practicing nutritionist Dr. Nancy Appleton applies the findings of these researchers to a greater understanding of our own bodies. This reader-friendly guide shows us how to preserve our well-being through our attitude, environment, and diet. Common foods to avoid for particular body constitutions and a series of health-promoting food plans are outlined. Appleton provides information and practical advice that will educate and motivate the reader to achieve an optimal state of health.

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