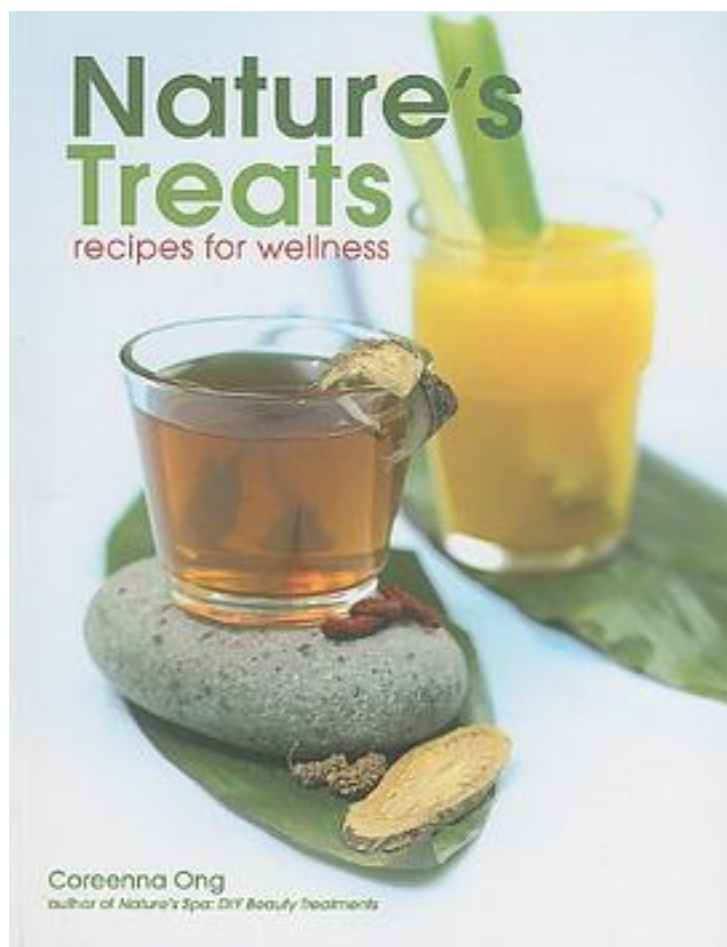


# Nature's Treats



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Eating healthy has never been more important, especially when many of us lead hectic lifestyles that leave little time for minding the nutritional value of the food we consume. From the expert author of Nature's Spa, this book is a collection of herbal

teas, dishes, soups and juices that are as simple as they are delicious and nourishing. Take a sip from an Aloe Vera Refresher and a spoonful of Black Sesame and Walnut Dessert and enjoy Nature’s Treats.

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