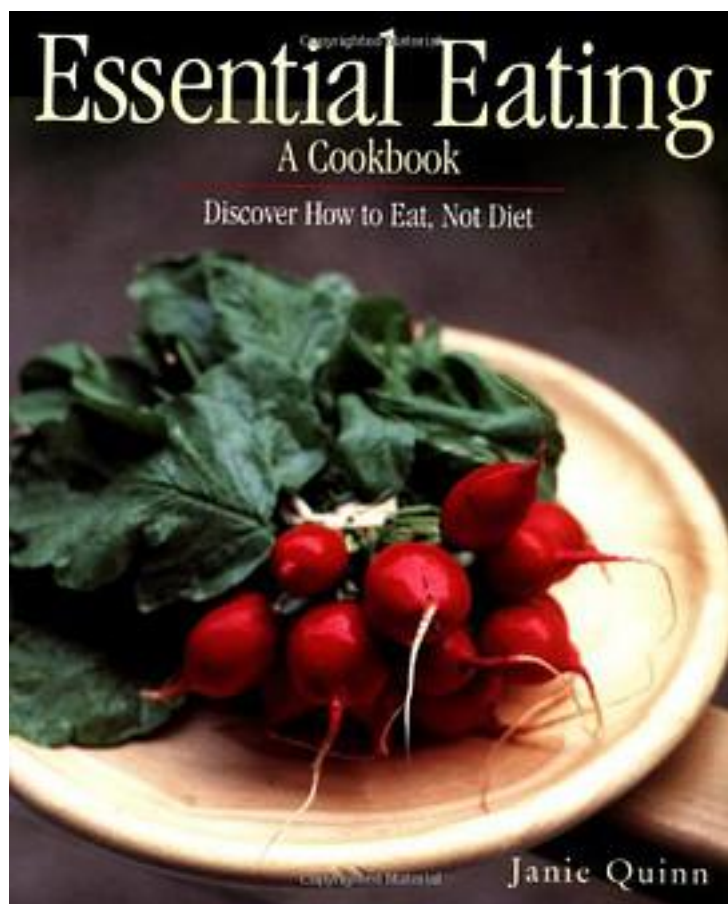


Essential Eating



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A preventative measure as well as a remedy for "dis-ease," this handbook outlines a non-deprivation eating plan for good health based on great tasting, easy-to-digest foods. Beginning with an analysis of modern-day eating habits, the plan examines those food combinations, ingredients, and chemicals found in the standard American

fare--white flour, sugar, and preservatives among them--which are typically at the root of indigestion and weight gain. Having exposed the culprits, the step-by-step guide identifies alternatives from each food category--including lots of fruits, veggies, and good fats--and offers time-saving recipes, streamlined preparation steps, and hints on what amount of food should be consumed and in what combinations in order to achieve and maintain good digestion.

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