



Food Combining (In a Nutshell: Nutrition)

Kathryn Marsden

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Food Combining (In a Nutshell: Nutrition) Kathryn Marsden

Food combining is the art or science of combining different fresh foods to promote optimum digestion and improve general health. This book introduces the different food groups and provides a breakdown of the various combinations, explaining how and why they work. Healthy meal plans show how foods from different groups can be combined for maximum health giving results. The "Nutshell Nutrition" series provides introductions to healthy eating programmes in a pocket-sized form.

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