



# Nutrition Healing: Heal the Body with Grain Free Meals and Juicing

*Julia Delgado, Kim Carol*

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**Nutrition Healing: Heal the Body with Grain Free Meals and Juicing** Julia Delgado, Kim Carol  
Nutrition Healing: Heal the Body with Grain Free Meals and Juicing is basically a nutrition healing book that contains grain free recipes and juicing recipes. The writer believes that health starts with the diet and in eating grain free meals and following a juicing diet a person can take control of their health. The book also provides a juicing and grain free meal plan to help. Follow the recipes with the grain free diet and juicing for health reasons. It is easy to come up with grain free ideas for meals to help heal the body of many different ills. Juicing benefits adds to a healthy lifestyle. The Nutrition Healing book covers two diets, the grain free diet, and the juicing diet. The sections of the book are: Grain Free Recipes, Tasty Grain Free Recipes, Your Grain Free Meal Plan, Juicing Guide, What Is The Juicing, Benefits of Juicing, Helpful Tips to Simplify Juicing for Weight Loss, Delicious Juicing Recipes for Any Meal, and Your 7 Day Juicing Diet Meal Plan. A sampling of the included recipes are: Body Cleansing Celery Juice Recipe, Go Green Spinach and Cucumber Juice Recipe, Grain Free Breaded Chicken, Buckwheat Pancakes, Apple Cobbler, Shrimp Cakes, Gluten-Free Potato Beef Stew, Carrot Muffins, Nutty Granola, Almond Raisin Muffins, Almond and Grilled Chicken Salad, Dark Chicken Soup, Gluten Free Irish Shortbread, and Asian Sesame Noodles.

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