



The Cleanse Companion Cookbook: The Definitive Guide to the Naturopathic Detoxification Diet with 70 Hypoallergenic Recipes

Bonnie Nedrow, Jeff Hauptman

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Whether you are in great health and want to stay that way, or needing to heal from chronic illness, the *The Cleanse Companion Cookbook* will serve your body's needs. If you love delicious foods, this book will be your true companion for healthy nutritious meals.

The Cleanse Companion Cookbook is intended as a reference for people on a detoxification program, providing the optimal foods to support naturopathic cleansing. Doctors around the country are using it for this and other health promoting purposes.

It is an excellent book for folks suffering from diabetes, heart disease, osteoporosis, and any other chronic illness. It can be used to help families that need to be on special anti-inflammatory diets, as all the recipes are wheat, egg, dairy and nightshade free. These hypoallergenic recipes can help reduce inflammation so that your body can regain normal healthy functioning.

The recipes are also perfect as a basic diet for healthy weight loss, or for optimal body composition programs, when you may not want to lose weight but you want more muscle.

Best of all, *The Cleanse Companion Cookbook* has fabulous tasting recipes with the addition of sound advice on the health benefits of fruits, vegetables, grains and legumes as well as a variety of spices and herbs.

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Michael Blossom:

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