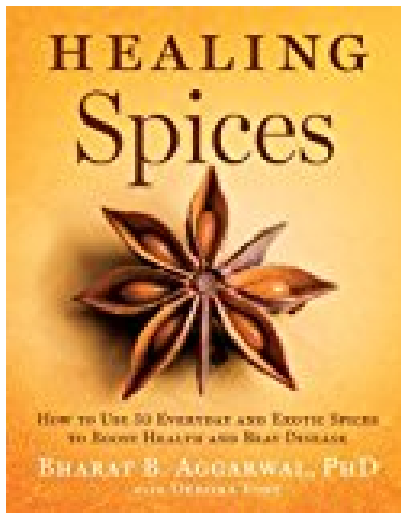


Healing Spices How to Use 50 Everyday and Exotic Spices to Boost Health and Beat Disease



BOOK DETAILS

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BOOK SYNOPSIS

Looks at the healing properties of fifty spices and explains how they can be incorporated into a healthy diet to treat specific health problems and boost natural immunity against common diseases, with fifty recipes for main and side dishes and instructions for making spice mixes.

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