



# Real Food Therapy Guide

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**Real Food Therapy Guide** True Health Unlimited

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***Folks Over 25 Should Not Let This Book Pass By***

People looking to turn back the clock, reverse aging, and overcome health concerns will love the Real Food Therapy Guide, which offers a unique integration of Western and Eastern food philosophies and provides simple nutrition remedies for common health concerns.

**>>> Find a real food remedy for arthritis, anxiety, depression, diabetes, fibromyalgia, high cholesterol, insomnia, menopause, osteoporosis, and many other common health concerns**

This practical guide summarizes the most common health concerns and symptoms and gives readers simple real food nutrition remedies and preventive measures from both Western and Eastern perspectives.

**>>> A Rare and Powerful combination of Western and Eastern nutrition strategies that will put you in the driver's seat to optimize your health**

**Praise from Health Experts...**

*"A straight-forward, information-packed nutrition guide that is easily accessible by anyone. It is highly recommended for anyone hoping to better their health through positive nutritional improvements."*

**- Craig Kelly, MSAOM, L.Ac., co-owner of Dynamic Balance Wellness, LLC**

*"Anyone can pick up the Real Food Therapy Guide and in a few minutes understand more than they had previously about their condition(s) and have some simple and effective nutritional strategies for coping. I would heartily recommend it to anyone who wants to broaden their understanding of the interaction between food and nutrients and prevention of illness and promotion of good overall health."*

**- Dr. Jennifer Veit (DC, CCSP®)**

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