



Therapeutic Chef: Recipes to prevent cancer, heart disease and diabetes

By CNC, Kristin Doyle RN

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This book will transform your life! Eating the right foods can help prevent the diseases of our time, including cancer, heart disease and diabetes. It is no coincidence that with the increase in processed foods, trans-fats, refined sugars, and factory farmed animal foods we have also seen a dramatic increase in the prevalence of these diseases. Take control of your health one delicious bite at a time with recipes from nutritionist, nurse and natural chef Kristin Doyle and discover how fun eating therapeutic foods can be.

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