



## The Beginners Guide to Healthy Living

## Phyllis Hill

Debra Peek-Haynes

Debra Peek-Haynes' Healing Kitchen



With the soaring rates of chronic diseases within the western culture that include high cholesterol, diabetes, cardiovascular disease and obesity, Debra Peek-Haynes has generated a comprehensive assortment of foods with a healthier Highlighting the significance of choosing the right herbs and spices designed for everyday cooking food.) Equipping us with savory quality recipes that maximize flavor and nutrition and 3.southern-comfort foods. collard greens which are a rich supply of vitamins and minerals that feed your brain, body and spirit, to the savory flavor of sweet potatoes which are that are abundant with Vitamin A and beta carotene for eyesight. These tantalizing recipes not merely delight your tastebuds but meet daily dietary guidelines that keep you healthful and fit.Debra offers mastered planning of rich culinary traditions, such while Debra's complete dedication to healthier living includes proper preparation of some our traditional all time favorites for total indulgence.) Renewing our mindset with a brand new and necessary perspective on healthy eating, 2.In this Beginner's Instruction, she shares a wealth of nutritional tips and insight that lead you on the very best path to conscientious living by 1. traditional ) twist about



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This book has and is a blessing never to only ... I heard about this reserve on the air show. I have changed out my pans and pots, butter to Earth Stability etc. I tried some of the dessert recipes and, I'm cutting down on my "chicken intake" Iol. Many thanks so much for this knowledge. I'm hoping that you will have another publication forthcoming. I really like the "healthy" grocery items listed in the reserve. Great book! This book is easy reading with practical solutions and tips. Continued blessings to you and your family. Looks like a great publication for my healthy living Looks like an excellent publication for my healthy living. Two Stars I was expecting it to end up being an instructional type but it's a cookbook. Easy recipes! Three Stars Was expecting more Five Stars The book was very useful and healthy. Great recipes, and very healthy! Three Stars Its fair Four Stars Excellent for those who like to cook. This book has and is a blessing to not only me but, to your ministry and to individuals that I meet. Thanks!



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