

Designing Your Life With Designer Foods: The Facts About Phytochemicals

Neecie Moore



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Designing Your Life With Designer Foods: The Facts About Phytochemicals

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Designing Your Life With Designer Foods: The Facts About Phytochemicals Neecie Moore This book takes a look back to Mother Nature to discover the natural healing properties which are in the foods we should be eating on a daily basis. Designing your life with designer foods: can change the way you think about fruits and vegetables and can change your health forever.

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