



Food Combining & Digestion: 101 Ways to Improve Digestion

By Steve Meyerowitz

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This easy-to-use book teaches how to get more nutrition from the food we eat, with eating guidelines to help the stomach run at peak efficiency and maximum digestive power. Includes an overview of the chemistry of digestion and how food is assimilated. The techniques presented here can help people gain increased energy and improved health.

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Food Combining & Digestion: 101 Ways to Improve Digestion By Steve Meyerowitz Bibliography

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Editorial Review

Review

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About the Author

Steve Meyerowitz is a health crusader and author of 10 books, including Power Juices, Super Drinks; Wheatgrass, Nature's Finest Medicine; Juice Fasting and Detoxification, and Food Combining and Digestion. He has been featured on PBS, Home Shopping Network, and TV Food Network as well as in many magazines.

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