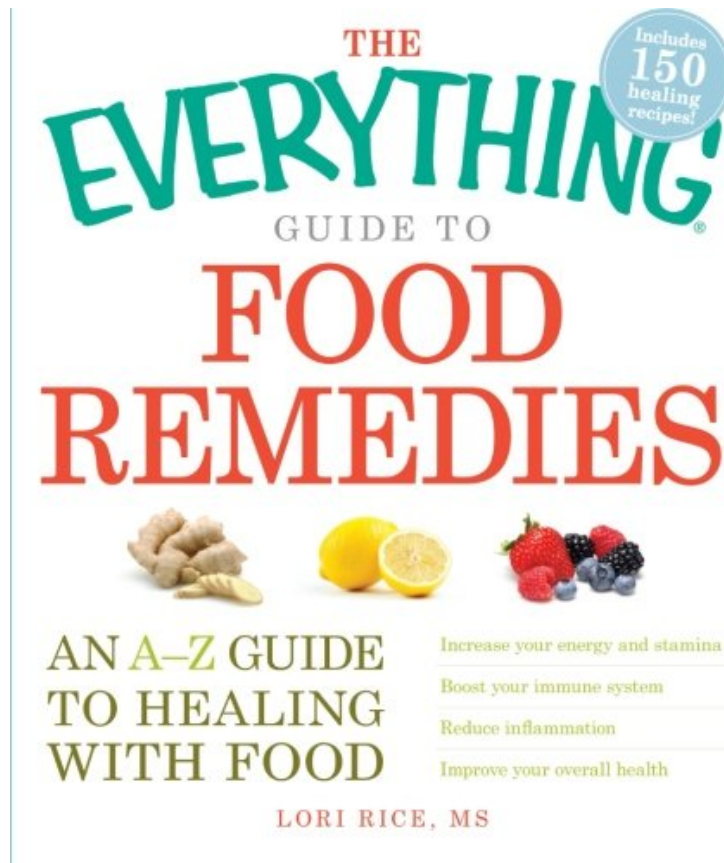


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The Everything Guide to Food Remedies: An A-Z guide to healing with food

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ultimate resource to healing yourself with what you eat. With this guide, you'll be cooking your way to a clean bill of health--and discovering that an apple a day really does keep the doctor away!

About the AuthorLori Rice earned a master's degree in Nutritional Sciences from the University of Kentucky and an undergraduate degree in Nutrition, Fitness, Health from Purdue University. Rice has developed a popular food blog at www.fakefoodfree.com where she shares her expertise and interests in total wellness and the health benefits of cooking and eating real foods.