



Healthy Living with Food Demineralization
3rd Edition

**An EZ food preparation guide for people who wish to lower their
mineral intake**

Including

**“A Word About”
Carbs, Fats, Protein and Meat Creatine**

Wendy Lou Jones, MS, BA

Forewords by Wendy Lou Jones and Beth McQuiston, MS, RD, LD

Healthy Living With Demineralization

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