

the guide to **HEALTHY EATING**

*carbohydrates • sweeteners • fats and oils • proteins • nuts and seeds
unrefined salt • children's food • organic shopping • food prep tips*



*Avoid chronic illness
Choose foods with confidence
Enhance your immune system
Improve your family's nutrition*

David Brownstein, M.D. & Sheryl Shenefelt, C.N.

Guide To Healthy Eating Dr Brownstein

Yi-Tong Ma



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