

Healthy Food Storage Guide Book: + Bonus Book Healthy Eating for Tough Times



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HEALTHY FOOD STORAGE GUIDE BOOK: + BONUS BOOK HEALTHY EATING FOR TOUGH TIMES



Sun Bounty LLC, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Newly published, two books in one! This combination is concise, to the point and packed full of information about eating and storing healthier foods. Karen Lee takes you on a journey of creating a new, healthier way of eating and obtaining a food storage pantry full of safe, nutritious foods that include your own best choices. This is not a recipe or canning book, as there are already tons of those out there. No filler is needed here. Author Karen Lee has been studying nutrition and has had a food storage pantry for over thirty years. Finding a nutritional gap in the marketing of emergency food, she found valuable information that people need in order to fill that gap in their own food storage programs. Healthy Eating for Tough Times, is PACKED with important information, you will: Become aware of vital foods that will be beneficial to your health now, as well as in a food storage program. Get information on chemicals in our food supply that are making us and our children sick! Learn about genetically-altered foods, their dire consequences, and why you are seriously going to be reading labels like a feverish fiend! Discover the most essential natural supplements for your storage program that can protect you and your family now and in times of stress.and more! In the 2nd Section - Healthy Food Storage Guidebook, pages LOADED with valuable information, you will: Determine where to begin a healthy food storage program, beginning with the Top 20 Food Storage Tips and Mistakes. Learn nutritional values of certain foods - and why they should be in your storage program. Includes a calorie and protein reference...



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