

TASTY
REMEDIES
FOR COMMON
AILMENTS

THE FEEL BETTER COOKBOOK



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CURES A COLD



BRAN MUFFINS
ALLEVIATE ULCERS



OATMEAL COOKIES
EASE INSOMNIA



PARSLEY DRESSING
PREVENTS INDIGESTION

SUSAN A. SKOLNICK

Previously called The I Feel Better Cookbook

The I Feel Awful Cookbook Food Remedies For Common Ailments

Elizabeth Somer, Jeanette Williams



The I Feel Awful Cookbook Food Remedies For Common Ailments:

The I Feel Awful Cookbook Susan A. Skolnick, 1985

Cookbooks by Small Presses Paula Matta, 1988

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Modern Common Sense on Health and Fitness with 20 Healthy Recipes to Reduce Your Calories Christopher Brandlin, 2011-04-30 This book is a compilation of various articles relating to Diet Weight Training Cardiovascular Training Supplementation and other aspects of life that affect one's overall health The articles in the book address many common misconceptions which are advertised in various types of media which cause people to fail their physical goals of fitness The book also addresses many substitutes for bad habits to enjoy certain foods without the consequences Christopher Brandlin's main goal from writing these articles is to educate many individuals on how to achieve results in a fitness program and how to keep a healthy lifestyle Also this book includes 20 different recipes to reduce saturated fats sodium sugars and overall calories The Clean Plates Cookbook Jared Koch, 2012-12-23 Recipes included in this book may have one or more of these qualities vegetarian vegetarian option vegan vegan option gluten free gluten free option dairy free dairy free option naturally sweetened raw omnivore friendly

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