

H. ADVANCE TITLE INFORMATION

CLEAN FOOD SUPPLIED BY MOTHER NATURE

by Antje Watermann

CONTENT:

Clean food, based on unprocessed ingredients mother nature supplies to us – isn't this a thing a significant number of people do long for during these times of confusion with countless new nutrition theories and advices every day?

This beautifully layouted book will guide you the way to a nutrition with best benefits both body and soul, based for example on Hildegard of Bingen's wisdom for living a balanced and healthful lifestyle.

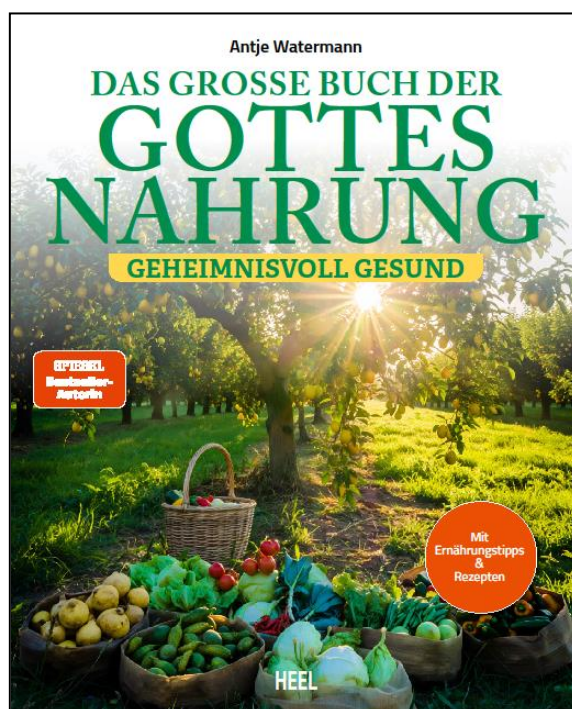
Each of the six chapters is dedicated to such ancient wisdom and features seven delicious and easy to prepare recipes purely based on unprocessed food. The presentation is accompanied by bible quotes and meditation prompts, appealing to readers with a spritual quest.

A holistic approach to clean nutrition at a competitive retail price, leaving no open questions!

Rights available

SPECIFICATIONS:

- 96 pages
- with coloured illustrations
- softcover
- trim size 183 x 225 mm
- retail price: approx. € 14,99
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