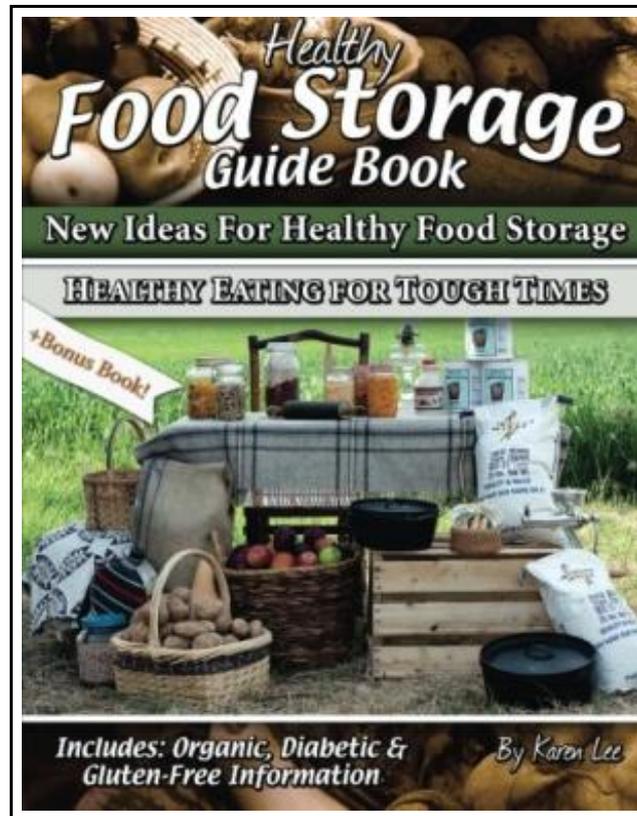


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Sun Bounty LLC, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Newly published, two books in one! This combination is concise, to the point and packed full of information 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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