



The Vegetarian Guide to Diet and Salad (Paperback)

By Norman W. Walker

Book Publishing Company, United States, 2008. Paperback. Book Condition: New. Revised. 206 x 135 mm. Language: English . Brand New Book. Dr. Walker provides a wealth of information on the importance of proper nutrition and enzymes in relation to our health. this book is both a cookbook and a nutritional guide that belongs in every homemaker s kitchen. Inside Dr. Walker explains the chemical elements in foods-proteins, amino acids, carbohydrates, etc.-and also explains which food groups provide the best sources of nutrients for our bodies. This book includes over 70 salad combinations along with a mini-encyclopedia of the most common fruits and vegetables.



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Reviews

This ebook is worth purchasing. It is written in straightforward words and not hard to understand. You will not feel monotony at any time of your respective time (that's what catalogs are for about in the event you ask me).

-- Eileen Kling I

It is just one of my personal favorite books. I was able to comprehend every little thing out of this published publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Isaac Olson

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