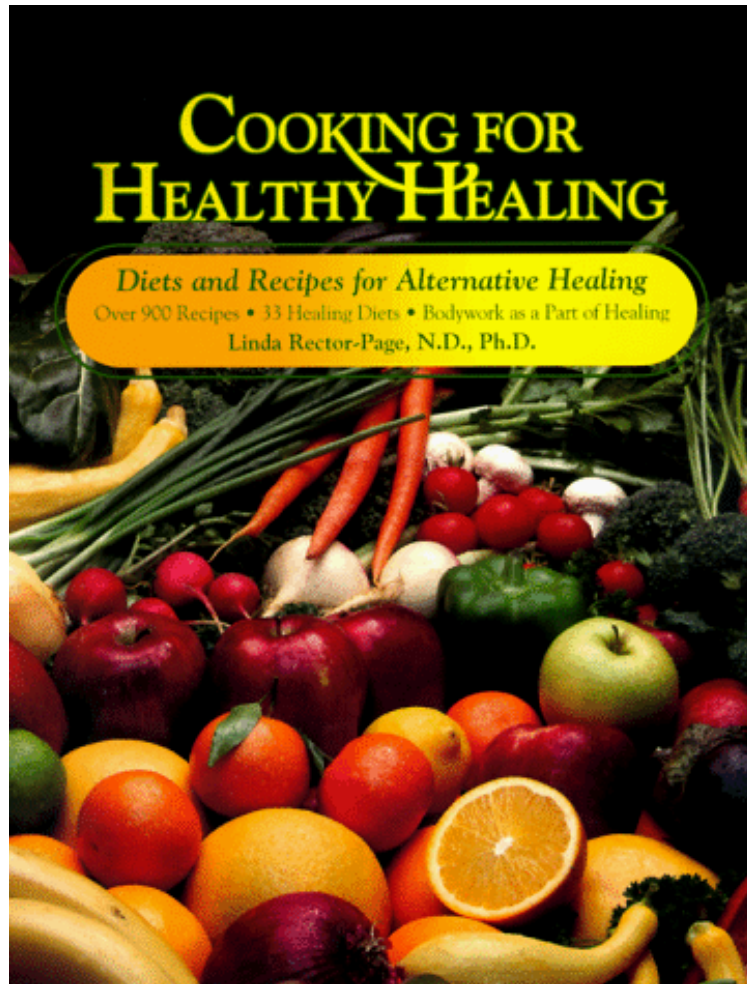


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Linda Page

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The food therapy sections of this illustrated health-wise book include cleansing, rebuilding, and maintenance diets and recipe programs. The accompanying recipe and menu suggestions can be used as an initial course, a complete guide, or a jumping off point for individual needs.