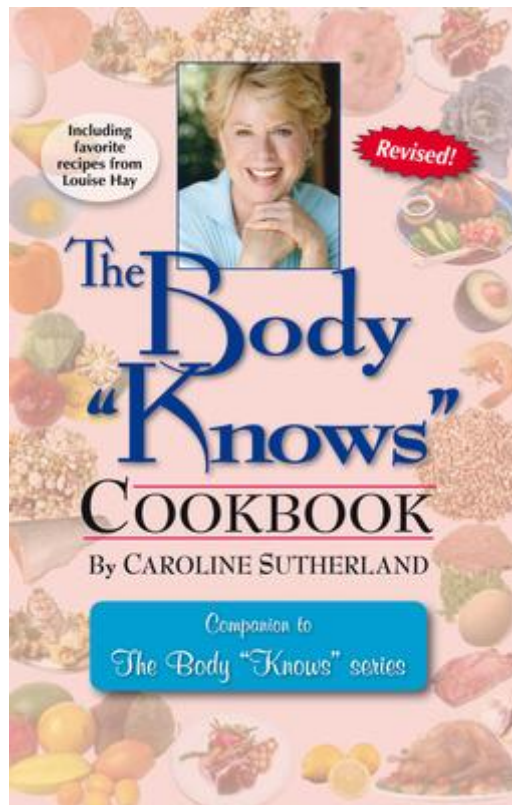


The Body "knows" Cookbook - Caroline Sutherland



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If you have ever wondered why you Â¢ gain weight Â¢ lack energy Â¢ retain fluid Â¢ get headaches Â¢ lack mental clarity Â¢ suffer from digestive problems Â¢ have joint stiffness ----and what to do about it---- Then your problems could be food related. This may be the book you need. "I love Caroline Sutherland's easy and delicious recipes. Her information totally inspired me to lose 50 pounds and, thanks to my newfound energy and mental clarity. I am really enjoying live." -Barbara C., Los Angeles, California "I will always be grateful to Caroline Sutherland for her guidance and refinement of food choices. In order to stay very healthy and have lots of energy, I grow my own food and I am very aware of the foods that are right for me." -Louise Hay, author of You Can Heal Your Life

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