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## healing with whole foods pdf

today, widely known as "whole foods nutrition." He sees a universal shift to whole foods nutrition as essential for overcoming ecologic ravages to the earth as well as quelling pervasive disease and degeneration among her peoples. He served as director Asian Healing Arts and Nutrition at Heartwood Institute in Northern California.

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The Healing Foods Diet. Bad fats such as hydrogenated and partially hydrogenated oils, trans fats, soybean oil, canola oil and vegetable oils cause heart disease, stroke, diabetes, cancer, chronic fatigue, and neurotoxic syndrome. Bad fats create chronic inflammation throughout the body inducing disease.

## **The Healing Foods Diet - Dr. Axe**

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Paul Pitchford is the author of the bestselling book, Healing with Whole Foods: Asian Traditions and Modern Nutrition. Pitchford is a leading authority in the field of nutrition and foundational healing. In the following article, Pitchford explains how one can balance their daily diet in order to consume a healthy amount of protein.

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