



## Food-Healing: Cooking With Qi

By Jeff Primack



### Food-Healing: Cooking With Qi By Jeff Primack

NEW - The Ultimate High-Phytochemical COOKBOOK: Full Color Coil Edition

- \*Formulated based on the Conquering Any Disease system
- \*Delicious Cooked Meals, Healing Sauces & Regenerative Desserts
- \*All recipes have maximum healing power and phytochemical content
- \*All recipes are dairy free, superior tasting, anti-inflammatory & fight disease

Taste does not have to sacrificed on the HIGH-PHYTOCHEMICAL diet. An amazing array of Raw and Cooked meals were masterfully tweaked, tested and then finally perfected. We ve laid it all out in Cooking with Qi .

A number of things make this cookbook different from any other in the world today. It understands that humans thrive on Coconut Oil... an anti-viral, anti-bacterial fat perfect for cooking in the oven and frying pan. All dishes are made with anti-inflammatory and coconut oils to increase metabolism and reduce pain. This is a Free of Free Radicals Cookbook!

Primary food Ingredients for each recipe have been selected by Master of Food Healing, Jeff Primack. Heart disease meals are carefully crafted on function of the herbs, vegetables etc. Once functional ingredients were selected for each dish, Food-Healing Chefs Anisa Taylor & Steve Wood raised the bar and made them delicious. The people you love will eat it!

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## **Food-Healing: Cooking With Qi** By Jeff Primack Bibliography

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