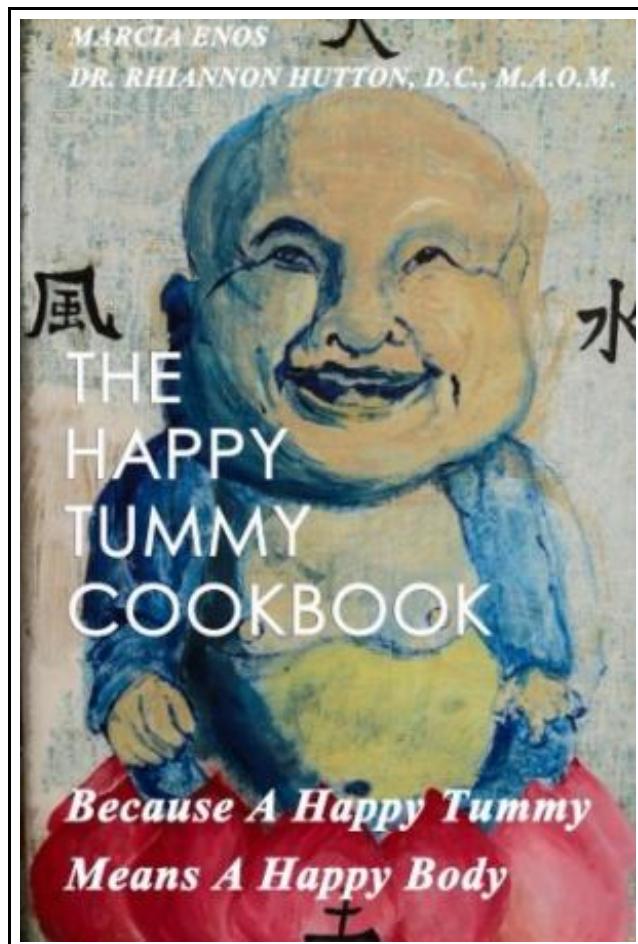


## The Happy Tummy Cookbook: Because a Happy Tummy Means a Happy Body



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Learn about eating foods from sustainable, permaculture-based sources that heal not only the consumer, but the planet as well. Make your own nut milks, kefir, yogurt, sprouts, fruit/vegetable chips, and delicious options for vegan/ vegetarian, sugar-free, and gluten-free recipes! Happy Tummy makes staying healthy easy with tips on how to get phytonutrients, a built-in grocery list, and recommended food proportions. You will not only get delicious healthy recipes for every meal, but the tools you your family need to learn the art of cooking for a lifetime of wellness. When I moved away to go to school, I realized I'd been watching Mom cook my whole life, and had no idea how to do it myself! I quickly tired of microwave Indian food and raw veggies and started calling her almost on a daily basis asking how she did this and how she cooked that. That was ten years ago, and I still call her almost daily, only now it's with our tablet cameras on while we exchange flavor ideas in a creative virtual cook-off! Meanwhile she went from Soil Scientist, studying what makes the dirt our food comes from healthy, to becoming an herbalist that treats her patients with nutrition, herbs and spices. And, I received my Doctorate of Chiropractic and Master's of Oriental Medicine. Together we have studied many facets of healthy eating and hope to provide a cookbook that not just gives you recipes, but actually teaches the reader how to create food, that not only tastes good, but feels good too. Because a Happy Tummy is a Happy Body! Here's to your health! Marcia Rhiannon, Mother-Daughter.

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