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## Earth Diet: Your Complete Guide To Living Using Earth's Natural Ingredients, The

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By Werner-Gray Liana

Hay House, 2015. Paperback. Condition: New. 1. Beauty queen Miss Earth Australia Liana Werner-Gray got a wake-up call at the age of 21, when she was diagnosed with a precancerous tumor in her throat. Realizing that health issues were holding her back, including in her entertainment career, she decided to change her lifestyle. Through juicing and using the whole-food recipes shared in this book, Liana healed herself in only three months. This success inspired Liana to create the Earth Diet and make information on the incredible power of plant-based and natural food available to others. She has since used her recipes to help thousands of people with cancer, diabetes, acne, addictions, obesity and more. When you get the essential vitamins, minerals and micronutrients your body needs, you can't help but feel better. In this book, you'll find more than 100 nutrient-dense recipes that provide proper nutrition, tips for shifting out of toxic habits and lifestyle recipes for household and personal-care products to help you heal in all areas of your life. The Earth Diet is inclusive, with recipes for every person, ranging from raw vegans to meat eaters. It also features specific guidelines for weight loss, boosting the immune system, increasing...



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