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Marta Tuchowska



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Holistic Feeding Gonzalo Estrada, 2024-03-12 Dive into the world of pet nutrition with Holistic Feeding The Secret to Healthy and Happy Pets by Gonzalo Estrada This comprehensive guide is your key to understanding how a holistic approach to your pet's diet can lead to a healthier more vibrant life From the basics of natural ingredients to the transformative power of raw food each chapter is packed with valuable insights into pet health Discover the benefits of holistic eating for dogs and cats alike learn about essential nutritional supplements and find out how to make the transition to a holistic diet With chapters dedicated to senior pets the relationship between diet and behavior and managing medical conditions through food this book covers all aspects of holistic feeding Homemade recipes reading pet food labels and understanding the dangers of additives and preservatives are also explored providing a well rounded view of what it means to feed your pet holistically Whether you're dealing with allergies sensitivities or just looking for a more balanced diet for your furry friend Holistic Feeding is the perfect resource for any pet parent

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desired start losing weight in a healthy balanced way The Cancer Prevention Diet, Revised and Updated Edition Michio Kushi,Alex Jack,2009-08-18 Since its original publication a quarter century ago The Cancer Prevention Diet has been one of the most popular guides to the prevention and relief of society s most feared disease Drawing on the most up to date cancer research Michio Kushi and Alex Jack present a dietary program that can be implemented safely and simply at home at a fraction of the cost of usual meals and medical care This completely revised and updated twentyfifth anniversary edition includes Broader dietary guidelines and new recipes New research on the twenty most frequent types of cancer New ways to combine macrobiotics with chemotherapy radiation and more The latest statistics studies and treatments The role of positive emotions in the healing process

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