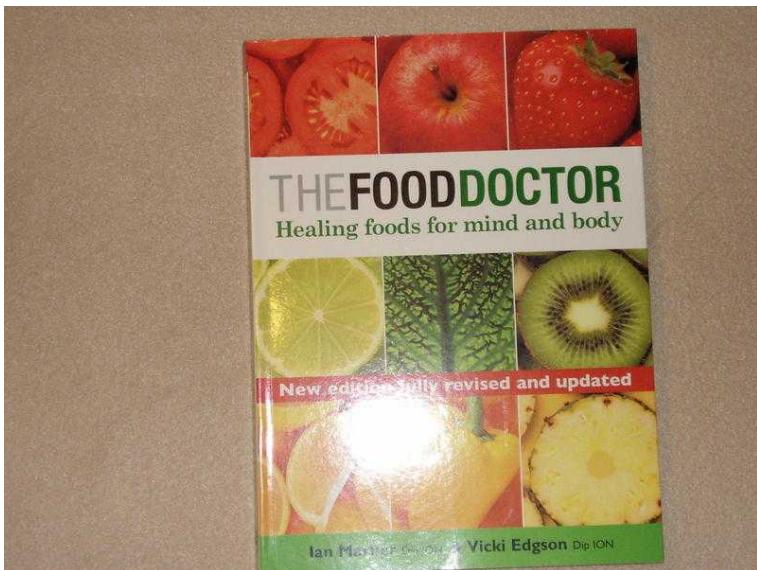


Paperback Book The Food Doctor (5 GBP)



Location

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The Food Doctor: Healing Foods for Mind and Body Paperback. A practical guide to balancing nutrition and delicious food. Foods for easy reference with details of health-promoting properties. Find out how to improve your mood, minimise the effects of stress, improve your sleep and avoid the highs and lows of the day in the section on Energy and Emotions. Excellent Condition. Wolverhampton Area.

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