



## The Healing Slow Cooker: Easy, Delicious Recipes that Harness the Curative Power of Food

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By Jennifer Iserloh

Chronicle Books. Hardcover. Condition: New. 208 pages. Dimensions: 7.2in. x 0.0in. x 10.0in. This collection of 60 set-it and forget-it recipes aims to support a variety of wellness goals for optimal health. From Detox and Calm to Rebuild and Strengthen and more, each chapter's recipes utilize specific ingredients that help lower stress, decrease inflammation, and improve gut health. Combining the convenience of a slow cooker with accessible ingredients like ginger, mushrooms, chocolate, and turmeric, these dishes are simple enough for home cooks of any skill level. Each chapter comes with a detailed guide to the featured healing ingredients, making it easy to explore how they benefit the body. Start the journey to healthful eating with the flip of a switch! This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Hardcover.



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