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## Nature s Colour Codes (Paperback)

By N HAWES

Hammersmith Health Books, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Nature has kindly colour-coded foods for us and each colour signifies different compounds which the body needs on a regular, and often daily, basis. Many are powerful substances that can help to remedy human health issues without any of the side-effects that can be suffered with conventional medications. Nature s Colour Codes describes what these potent nutrients are, why the body needs them and which foods contain them, so that they are not omitted from the daily diet. It also explains how to consume the widest range, when it may be necessary to avoid certain colourful foods and the dangers of artificial food dyes. Know your colours for optimum health!.



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### Reviews

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