



# The Whole Journey Cookbook: 180 Delicious Ways to Use Food as Medicine

*Christa Orecchio*

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## **The Whole Journey Cookbook: 180 Delicious Ways to Use Food as Medicine** Christa Orecchio

Put together by a team of clinical and holistic nutritionists from thewholejourney.com, this book teaches anti-inflammatory eating. 90% of the recipes are gluten and dairy-free. None of the recipes contain sugar so it helps one gently detoxify from sugar while still keeping sweet, delicious desserts in their diet. At The Whole Journey, we never focus on willpower, deprivation or denial - only adding good stuff in, so the cravings for the not-so-good stuff can fall away. In this cookbook, you will also learn how to use healthy fats and oils for hormonal balance and weight loss as well as how to truly embrace using food as medicine to create a vibrantly healthy lifestyle.

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