



# **Eating With the Seasons: How to Achieve Health and Vitality by Eating in Harmony With Nature**

*Paula Bartimeus*

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## **Eating With the Seasons: How to Achieve Health and Vitality by Eating in Harmony With Nature**

Paula Bartimeus

Bartimeus demonstrates that by eating the food that grows in a particular season, we receive the best nourishment available to maintain a healthy, balanced life. Color plates.

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