

# **Eat Away Illness**

Paulette Millis \* Soul Food Publishing  
ISBN: 978-0-9683647-3-4 \* Non-fiction

Eat Away Illness is two books in one! 470 pages.

This book will change your life forever.

Read it and grow healthy.

Everyone who eats needs this book in their kitchen.

Simple theory of how to walk yourself to health.

Information on acid alkaline balance, digestion, supplements, hormones, stress, balancing emotions, hazards of soy products, how to sprout, how to add raw foods to your diet, calcium sources, and more.

Includes everything you need to know about healing nutrition, with charts on proteins, fibre, carbs, cooking grains and beans, and more. 200 recipes that are simple to make, include gluten and dairy-free instructions, are made without sugar or white flour, and contain all healing fats.