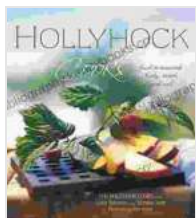


# Food To Nourish Body, Mind, and Soil: A Journey to Rediscover the Healing Power of Real Food



## Hollyhock Cooks: Food to Nourish Body, Mind and Soil

by Linda Solomon

★★★★☆ 4.3 out of 5

Language : English

File size : 2546 KB

Screen Reader : Supported

Print length : 240 pages

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In "Food To Nourish Body, Mind, and Soil", renowned nutritionist and author Kristine Berg explores the profound connection between the food we eat and our overall well-being. Through a blend of personal anecdotes, scientific research, and practical advice, Berg unveils the transformative power of real, whole foods to heal our bodies, nourish our minds, and regenerate our planet.

Berg begins by sharing her own journey of healing through food. After struggling with chronic health issues for years, she discovered the power of a whole-foods, plant-based diet to restore her health and vitality. Inspired by her own experience, Berg embarked on a mission to help others rediscover the healing power of real food.

In "Food To Nourish Body, Mind, and Soil", Berg provides a comprehensive overview of the latest scientific research on nutrition and health. She explains how the foods we eat can affect our physical, mental, and emotional health. She also explores the environmental impact of our food choices, and how we can make choices that are both healthy for us and for the planet.

Berg's writing is clear, concise, and engaging. She has a gift for making complex scientific concepts easy to understand. She also provides a wealth of practical advice on how to incorporate more whole foods into your diet. With over 100 recipes for delicious, nutrient-rich meals, "Food To Nourish Body, Mind, and Soil" is a valuable resource for anyone looking to improve their health and well-being.

Whether you're a seasoned health enthusiast or just starting out on your journey to better health, "Food To Nourish Body, Mind, and Soil" is a must-

read. This groundbreaking book will change the way you think about food and empower you to make choices that will nourish your body, mind, and soil.

## **Praise for "Food To Nourish Body, Mind, and Soil"**

"Kristine Berg has written a masterpiece. "Food To Nourish Body, Mind, and Soil" is a comprehensive guide to the healing power of real food. This book is a must-read for anyone who wants to improve their health and well-being." - Dr. Mark Hyman, MD, New York Times bestselling author of "Food: What the Heck Should I Eat?"

"Kristine Berg is a visionary leader in the field of nutrition. Her book, "Food To Nourish Body, Mind, and Soil", is a game-changer. This book will help people all over the world to rediscover the healing power of real food." - Dr. Alejandro Junger, MD, New York Times bestselling author of "Clean: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself"

"Food To Nourish Body, Mind, and Soil" is a must-read for anyone who cares about their health and the health of our planet. Kristine Berg has written a powerful and inspiring book that will change the way we think about food forever." - Michael Pollan, New York Times bestselling author of "The Omnivore's Dilemma" and "In Defense of Food"

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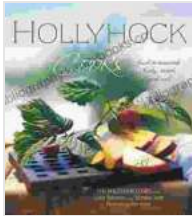
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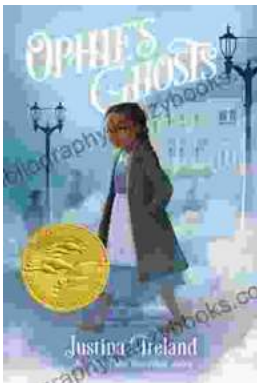
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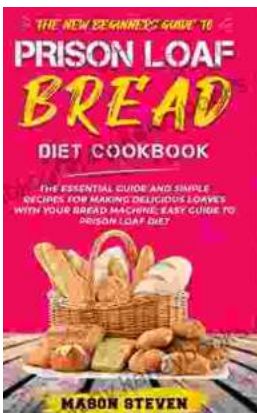


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