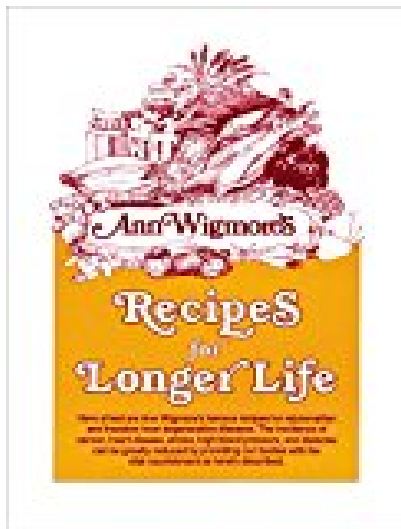


# Recipes for Longer Life Ann Wigmores Famous Recipes for Rejuvenation and Freedom from Degenerative Diseases

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## BOOK DETAILS

- Author : Ann Wigmore
- Pages : 190 Pages
- Publisher : Avery Publishing
- Language : English
- ISBN : 0895291959

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## **BOOK SYNOPSIS**

Ann Wigmore's Recipe for Longer Life describes her transition from a conventional diet to one of natural raw foods, sprouts, and food combining. Includes sprouting techniques, fermenting of vegetables, and menus for all day.

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