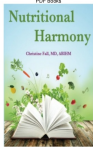


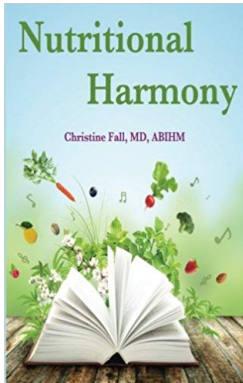
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In an age of rising disease and cancer, prevention can only be achieved by restoring harmony. The processing of food has destroyed the natural harmony that exists among the components of whole foods, removing the very nutrients necessary for disease prevention. Through Nutritional Harmony we begin to understand how the health of the gut and our pro-inflammatory diet promote heart disease, mood disorders, neurodegenerative diseases and cancer. We then learn how to use 360food as medicine with simple techniques for food selection and preparation. With an evidence based, scientific approach we see how these techniques have proven life saving benefits. Nutritional Harmony empowers us with the knowledge we need to reestablish harmony, restore our health, and ultimately prevent chronic disease and cancer.

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