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The most powerful food and medicine on the planet is free and it's growing wild right outside your door and around your neighborhood. Markus Rothkranz explains why wild local foods are a thousand times better than organic produce from a supermarket. These plants are so full of nutrition and healing power, it will blow your mind.

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I got my Free Food & Medicine book today!!!! It is so beautiful and chock-full of information. I've been reading it for a couple of hours. Wow. So much interesting things in it. I don't know how you did it! Thank you so much. And, I read that you are going to have another book. Thank you again. The Free Food & Medicine book is worth so much ...

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Describe what is meant by the term 'food as medicine' and list a number of examples of how foods have been used as medicine in the past. Identify how and which types of foods are essential for health and wellbeing, and play an important role in treating/preventing disease.

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5.0 out of 5 stars FREE FOOD AND MEDICINE Worldwide Edible Plant Guide. Reviewed in the United Kingdom on April 27, 2015. Verified Purchase. This book is very informative, I would not be without it, but hey I have all Markus Rothkranz books, and supplements, and I follow him and his wife on Facebook. keep up the good work. ...

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