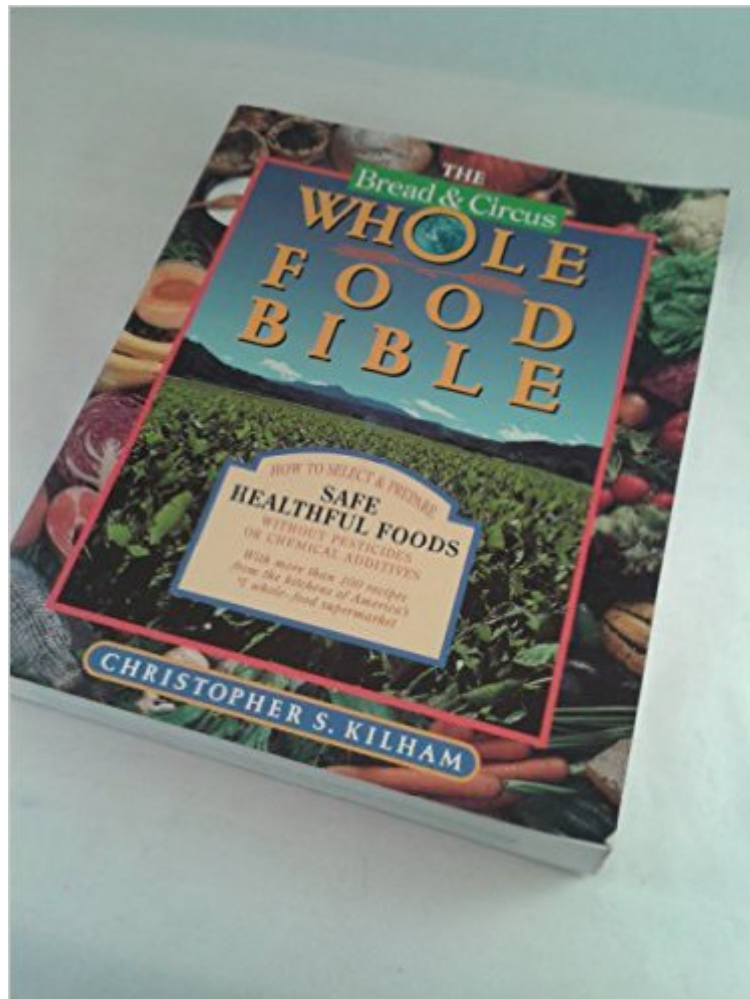


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Bread And Circus Whole Food Bible: How To Select And Prepare Safe, Healthful Foods



Synopsis

Addison-Wesley, 1991, Very good., Paperback. 319 pages. 0201517620. Text clean. Diagonal crease in front cover. Bottom edge soiled. [Cookbook, Recipes, Natural Foods] Out-of-print and antiquarian booksellers since 1933. We pack and ship with care.

Book Information

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Customer Reviews

Very, very impressed with this book. Written in 1990, he was way ahead of the curve in his assessments and judgements on the food industry. Last 100 pages are recipes which I have mostly made and were all good. If we are what we eat, we're all in trouble. Very enlightening. Read this in conjunction with "My Year of Meats" by Ruth Ozeki and the February, 2006, issue of "Consumer Reports".

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