



# Designing Your Life With Designer Foods: The Facts About Phytochemicals

*Neecie Moore*

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# Designing Your Life With Designer Foods: The Facts About Phytochemicals

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## **Designing Your Life With Designer Foods: The Facts About Phytochemicals** Neecie Moore

This book takes a look back to Mother Nature to discover the natural healing properties which are in the foods we should be eating on a daily basis. Designing your life with designer foods: can change the way you think about fruits and vegetables and can change your health forever.



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