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Using my experience as a medical doctor, the years I've spent immersing myself in the literature on nutrition as well as my passion for recipe creating, I think you are going to love reading this practical book.

### **My Book | The Doctor's Kitchen**

The second purpose of this book is to give the reader some idea of the vast store of knowledge about these simple remedies which our human culture has accrued over the millennia, and thus in a small way to help preserve it.

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