



Healthy Living with Food Demineralization

3rd Edition

An EZ food preparation guide for people who wish to lower their mineral intake

Including

**“A Word About”
Carbs, Fats, Protein and Meat Creatine**

Wendy Lou Jones, MS, BA

Forewords by Wendy Lou Jones and Beth McQuiston, MS, RD, LD

Healthy Living With Demineralization

Mike Jess



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