



## Food Combining Made Easy (Chart)

*Frank Hurd, D.C., M.D., Rosalie Hurd, B.S.*

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FOOD COMBINING MADE EASY (Chart) a good cook... Ten Talents full color 18" X 24" wall chart.

Learn at a glance how to properly combine Fruits, Grains, Vegetables, Nuts, etc. Enjoy better digestion and nutrition. Meal planning is fun and easy with this informative chart. Saves you time. Beautifully illustrated with original full-color drawings. Sample menus, simple rules for combining natural foods, and principles of eating are also included. A "must" for vegetarians. Suitable for mounting or desk mat. Laminated or heavyweight textured paper. 18X24" English or Spanish.

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