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About This website was created by ANNEMARIE COLBIN, Ph.D., an award-winning leader in the field of natural health, and a highly sought-after lecturer and wellness consultant. She was the Founder and CEO of the Natural Gourmet Institute for Health and Culinary Arts tm in New York City, the oldest natural foods cooking school in the US (since 1977).

About | Food & Healing

Food and Healing: How What You Eat Determines Your Health, Your Well-Being, and the Quality of Your Life - Kindle edition by Colbin, Annemarie. Cookbooks, Food & Wine Kindle eBooks @ Amazon.com.

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Food and Healing - Annemarie Colbin - Google Books

For this tenth anniversary edition, Annemarie Colbin has updated her classic to include the latest information on new dietary systems, low-fat eating, food combining, and alternative medicine. Food and Healing continues to be the touchstone guide to improving your life by changing the way you eat.

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Colbin authored or co-authored multiple books, including "Food and Healing", "The Natural Gourmet", "The Book of

Whole Meals”, and “The Whole Food Guide to Strong Bones”; her work has been featured in The New York Times, Elle, Good Housekeeping, Natural Health, Longevity, and New Age Journal.

Annemarie Colbin, Ph.D., Health Food Pioneer, Dies

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Dried fruit is full of sugar too, even if it's also something to eat for an energy boost. If you eat too many sugary foods, you are at risk of cavities. Replace that lollipop with raw vegetables that are both nutritious and beneficial for teeth cleaning.

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Annemarie Colbin, PhD, was the founder of the Natural Gourmet Institute and the author of Food and Healing, The Book of Whole Meals, and The Natural Gourmet,

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