



Eat Right, Now!: Holy Temple Maintenance Guide

Chef Wendell Fowler

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'Eat Right, Now!; Holy Temple Maintenance Guide', is a loving, sustainable maintenance guide for healthy minds, energetic bodies and tender souls. The Holy Temple is a biochemical factory which reacts to foods as profoundly as 'deadly' pharmaceuticals. The instructive manual dishes up an eating philosophy which feeds, not depletes family health equity. A sensible, simple, preventive lifestyle which can abate the American pandemic of preventable chronic disease caused from the relentless assault of 'dead' processed foods. Savvy Americans are transcending failed allopathic medical models. Instead, they're employing the Universal Apothecary; the way our Cosmos intended. Cooking is one way we take care of the people we love. 'Eat Right, Now' brims with truthful, science-based information, shocking 'Machine Cuisine' facts, humorous food essays and loving portions of economical, environmentally friendly, chronic disease-subduing recipes for the entire family. 'Eat Right, Now!' is an evergreen kitchen staple; a keeper. The entertaining manual will serve your loving clan for years to come. Your mood is in the food!

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Michele Williams:

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