

# Eat Yourself Healthy

Volume II: The Foods  
Over 300 Healthy Recipes



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Eat Yourself Healthy is a reference and cookbook with information about health. Every effort has been made to ensure all the information contained in this book is complete and accurate. However, the author is not engaging in offering professional advice or services to the individual reader. The ideas, procedures and suggestions in this book are not intended to replace the services of a trained physician. All matters regarding health complaints require professional medical supervision. Any application set forth in the following pages is at the reader's discretion and sole risk. The author is not responsible or liable for any loss, injury, or damage allegedly arising from any information or suggestions in this book.

## **Eat Yourself Healthy—Volume II: The Foods Over 300 Healthy Recipes**

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I would like to dedicate this book to my husband, Milan, and sister, Maya, who because of their love of fast & junk foods, inspire me to want to teach others like them about the ease with which healthy, tasty meals can be made quickly.

I also want to thank Nash and Dragica, who's interest in, and questions about, food and health gave rise to numerous topics I decided to enlighten others on.

To my cousin Maja, for her encouragement and for giving me great ideas on how to design this book.

To all my chocolate loving friends who were the reason I experimented with, and created, so many chocolaty treats!

To Chika Dule, who was my first client, and the reason I am so motivated today to educate people on the importance diet has on overall health; as well as show them how they can make simple, yet life altering, changes on their own.

And, most of all, to my loving parents. My mom who taught me how to cook, and my dad who turned me on to alternative medicine. Their unconditional love and support gave me the strength to make difficult life decisions and ultimately led me to my career in natural health. They taught me to always try my best and gave me the inspiration I needed to write this book. Their support and encouragement throughout the years, and especially this past year, has given me the drive I have today.

Thank you for being the best parents a girl could ask for!



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