



## Recipes for Longer Life

*Ann Wigmore*

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# Recipes for Longer Life

*Ann Wigmore*

## **Recipes for Longer Life** Ann Wigmore

Ann Wigmore's *Recipe for Longer Life* describes her transition from a conventional diet to one of natural raw foods, sprouts, and food combining. Includes sprouting techniques, fermenting of vegetables, and menus for all day.

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