



Healthy Food Storage Guide Book: + Bonus Book Healthy Eating for Tough Times

Karen Lee

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Newly published, two books in one! This combination is concise, to the point and packed full of information about eating and storing healthier foods.

Karen Lee takes you on a journey of creating a new, healthier way of eating and obtaining a food storage pantry full of safe, nutritious foods that include your own best choices. This is not a recipe or canning book, as there are already tons of those out there. No filler is needed here.

Author Karen Lee has been studying nutrition and has had a food storage pantry for over thirty years. Finding a nutritional gap in the marketing of emergency food, she found valuable information that people need in order to fill that gap in their own food storage programs.

Get information on grain grinders, water purifiers, emergency heating and cooking appliances.....And much more!

With this manual, your program begins immediately, teaching you how to make improvements in your diet and your storage foundation that will benefit you for THE REST OF YOUR LIFE! You will also receive several pages of resources to help you find the absolute best products online to help you on your way! Even if you can't afford a full on food storage program right this minute, you will learn how to start rapidly getting your body into a healthier state now, AND will have the map lined out for where it is you are going.

If you decide to not take advantage of this information now, you may be headed for a long research journey for just the right material. You will waste a lot of valuable time and money putting things together from bits and pieces here and there, and purchasing books that give you a few ideas – but definitely not the whole picture. Simply put, you may never get there. Once you have read the information contained in these two books, you will be guided to a healthier way of eating. You will also gain the insight needed to go forward with a nutritious emergency food storage program that beats all others! Also available on Amazon Kindle.

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