



# The Power of Ancient Foods

*Gene Spiller Ph.D. D.SC. Facn, Rowena Hubbard*

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The amazing strength and vitality of the Aztecs, the remarkable health and stamina of the ancient inhabitants of China, and the almost complete lack of heart disease among Mediterranean peoples-all can be attributed to diet. Exploring the diets of ancient cultures the world over, *The Power of Ancient Foods* shows you how to restore natural healing power to the food you eat while you delight in delicious diversity.

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