

2024

# References

for Food as Medicine



**FOOD AS  
MEDICINE**



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# Welcome to cooking to prevent and treat diabetes

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# Season your food with healthy fats, vinegar, herbs and spices

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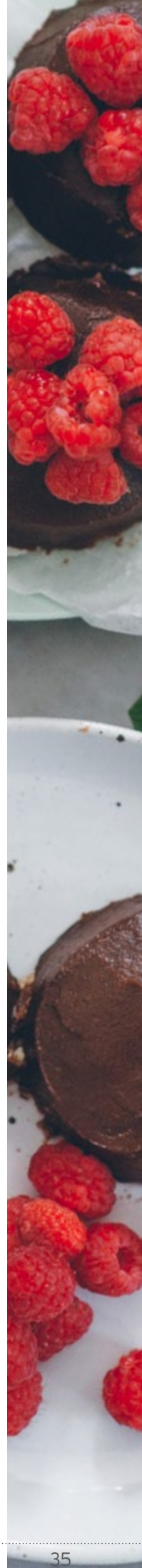
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