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# NUTRITION: FOOD, HEALTH AND SPIRITUAL DEVELOPMENT



Rudolf Steiner Press. Paperback. Book Condition: new. BRAND NEW, Nutrition: Food, Health and Spiritual Development, Rudolf Steiner, Our instinctive knowledge of which foods are helpful and which are harmful appears increasingly to be fading. We are bombarded with advice, information and prescriptions as to what we should eat and drink, but the issues surrounding nutrition - questions of health, diet, taste, even ecology and sustainability - remain largely unresolved. Unlike most commentators on this subject, Rudolf Steiner tackles the theme...

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- Authored by Rudolf Steiner
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