



You are what you Eat, Drink, Breathe, Use & Absorb
- Merav Reid

Disclaimer: *By choosing to use this you acknowledge and agree to the terms of this disclaimer, that you understand and acknowledge that the services provided by Life Healing Food Consultancy Centre are restricted to consultation about the subjects of environmental and health matters, intended for general well-being and are therefore not meant for the purposes of any medical diagnosis, treatment, or prescribing of medicine for any disease, or any licensed, controlled act or policy which may constitute the practise of medicine.*

The author chooses to protect your personal health information given by conversation, email or any other means as best as one can, except where physicians and health care providers are in the best interest of the public's concern. This information is intended solely to further the public's general knowledge and should not be construed or relied upon as advice, diagnoses or opinions regarding any individual's treatment or problem. Nothing should replace the relationship that you maintain with your personal physician.

Every effort is made by the author to provide accurate up-to-date information of a knowledgeable base but errors can occur. By the public using this information the public assumes all risks in connection with use.

The author will not be held responsible for errors, omissions in information herein or be liable for any special, consequential, exemplary damages resulting in whole or part from any person's use of or reliance upon this material. The author and publishers cannot be held responsible for any problems arising from mistaken identity of any plants or food solutions, or the inappropriate use of any food solution or recipe.