

The Alchemy Cookbook Transforming Food Into Medicine

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The Alchemy Cookbook. Nicole's gorgeous book brings us back to the simpler pleasures of preparing a meal, for the whole family. Inspirational in it's story, of how diet helped sort out her child's health issues, and exquisite in its photography and easy to make recipes. The chicken soup is now a regular meal in our home, and heals all manner of ills.

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Alchemy is a health and well-being retreat which focuses on transforming people from the inside out by using a little bit of nature ' s magic. Often referred to as a universal elixir Alchemy is a unique concept that prides itself on the best health and beauty services and products within the Staffordshire area.

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