

*New Life*  
  
*Ayurvedic Herbs*

Non-Acidic Recipe Book - Gillian Gill

Gillian Gill has been on Carctol and has written this cook book to help Carctol users for the non acidic diet. She has donated 500 books to raise funds for those who cannot afford Carctol. The suggested price is £6. But you may send whatever you wish.

If you wish to take up this offer please send a separate cheque to our CharityA/C

"MANAV SEWA DHAM"

If you cannot afford at all please request a free copy.

The cook book is good has personal experiences in non acidic cooking with variety of dishes and hope you like it. Any feed back is welcome.

Please send A5 S.A.E. with 46p stamp on.

Thank you for your support

Chandrakant and Yashu

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