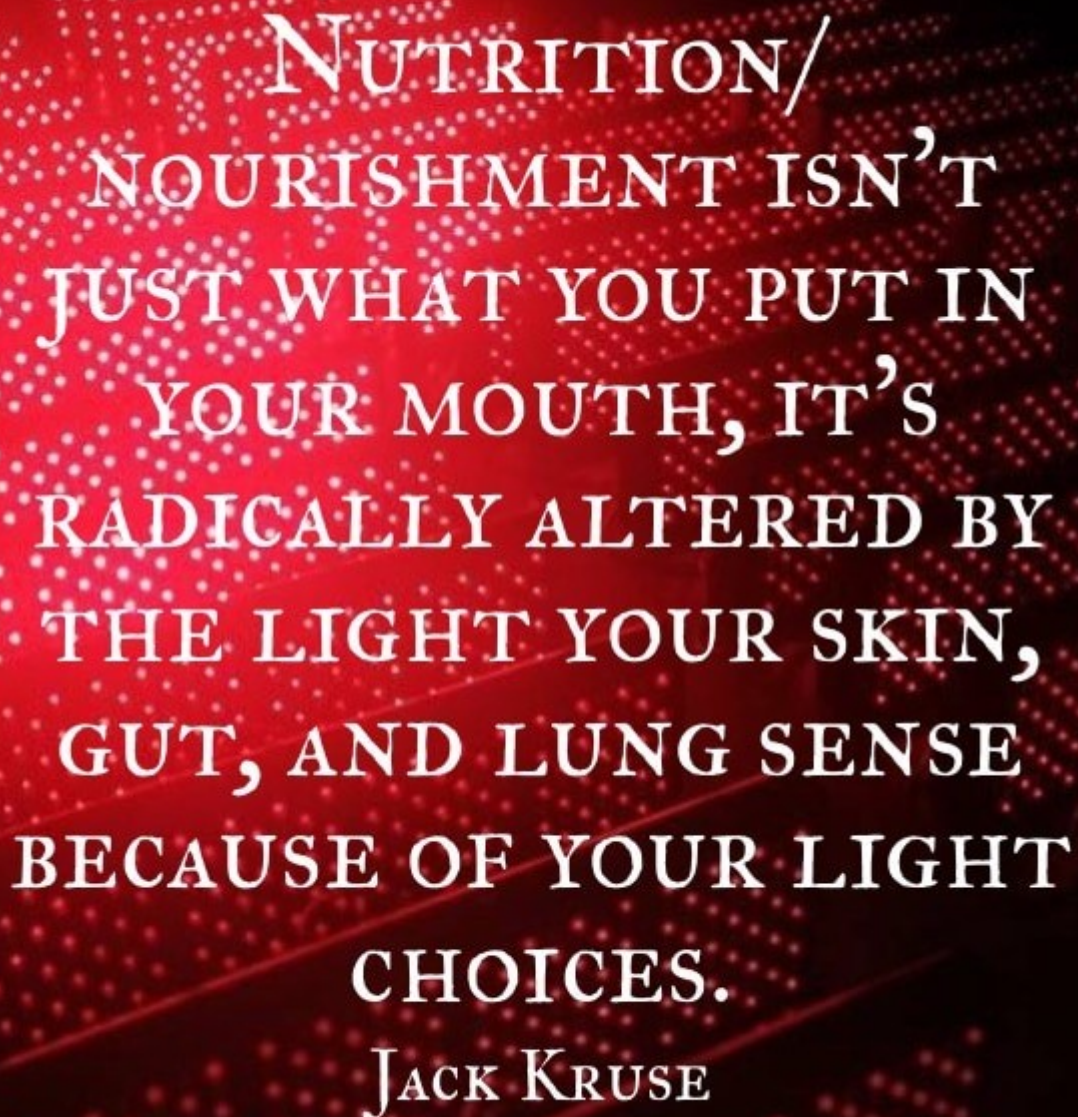


# It's Back! Optimized Cooking eCookbook

Dr. Kruse's Optimized Cooking eCookbook was created in 2012 and is organized by seasons with their own unique recipes to help you cook optimally for your family year 'round! It was discontinued and since then we've had demand to bring it back as people began to realize the entire food web on Earth is linked to the sun via photosynthesis, so we have!



NUTRITION/  
NOURISHMENT ISN'T  
JUST WHAT YOU PUT IN  
YOUR MOUTH, IT'S  
RADICALLY ALTERED BY  
THE LIGHT YOUR SKIN,  
GUT, AND LUNG SENSE  
BECAUSE OF YOUR LIGHT  
CHOICES.  
JACK KRUSE

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