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About the Author. Paul Pitchford is a teacher and nutrition researcher. In his healing work with individuals, he develops rejuvenative plans based on awareness and

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Paul Pitchford is the author of the bestselling book, Healing with Whole Foods: Asian Traditions and Modern Nutrition, as well as the Spanish language edition,

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Paul Pitchford studied and apprenticed with masters of pre-Revolutionary* Traditional Chinese medicine, nutrition, and Tai Ji and Chan (Zen) meditation.

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