



The Power of Food: Enhancing Stem Cell Growth and Decreasing Inflammation

Bonnie Raffel R.D.

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Twelve years ago, Bonnie Raffel was diagnosed with multiple sclerosis, a chronic and degenerative disease of the nervous system which has no known cure. She was immediately put on a series of costly medications to try and slow the progression of the disease. After experiencing a life-threatening allergic reaction to one of the prescription medications, Bonnie had a conversation with a doctor about a topic that would help her to turn everything around: stem cell growth.

The Power of Food is a unique cookbook that is based on the information that Bonnie has accumulated during her journey to reclaim her health. It contains over 275 recipes that have been developed with foods that contain a higher concentration of vitamins, minerals, and antioxidants that can strengthen the immune system, decrease inflammation in the body, and enhance the engraftment and survival of stem cells.

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