

A top-down view of a dark-colored bowl filled with a vibrant salad. The salad includes chunks of green avocado, sliced red cherry tomatoes, fresh green basil leaves, and a generous amount of black sesame seeds. A slice of yellow lemon is prominently placed in the upper center. The bowl sits on a dark, textured surface. The entire image is framed by a dark blue background with white corner brackets in the top-left, top-right, bottom-left, and bottom-right corners.

A BEGINNER'S GUIDE TO  
NATURAL EATING

# Natural Eating Introductory Guide

**J Dewey**



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