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holistic healing through the timeless blend of cinnamon ginger nutmeg cloves and allspice Stripped of sugar and artificial additives this book reveals how pumpkin spice paired with nourishing ghee becomes a powerful apothecary for digestion immunity energy and emotional balance Inside you ll discover warming breakfasts that fuel the body anxiety soothing snacks restorative teas immune strengthening meals and calming elixirs for mind and mood Each recipe is designed as a ritual transforming daily cooking into acts of wellness that restore harmony from the inside out With detailed nutritional breakdowns and spice pairing charts you ll learn why each ingredient heals and how to use it with intention Whether you re seeking natural remedies for digestion immunity stress relief or simply want to reclaim the true healing power of pumpkin spice this book offers a path back to vitality Step into the apothecary kitchen and let every sip spoon and bite become medicine for body and soul

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