



Food Cures: Breakthrough Nutritional Prescriptions for Everything from Colds to Cancer (Paperback)

By -

Fox Chapel Publishing, United States, 2008. Paperback. Book Condition: New. 254 x 196 mm. Language: English . Brand New Book. Discover cures for common conditions from allergies to gum disease, from insomnia to lowering your cholesterol. Includes 75 immune-boosting recipes. Clean out your medicine cabinet and restock with healing and appealing items from the grocery store. Treat the most common ailments naturally, safely, and deliciously-and live pain free, disease free, and worry free! Rely less on pills and more on real food. How much? How often? Here you ll find all the answers, the research-validated treatments, and successful cures for dozens of common conditions. The past few years have been filled with intriguing announcements from the world of medical research. Forget about wonder drugs-we re living in a time of wonder foods. The foods described in this book are nutritional powerhouses bursting with compounds that have specific and well-defined health benefits-included are 75 healthy recipes that will please every member of the family. Healing foods section includes information about: * How a rainbow of fruits and vegetables (8 to 9 servings a day)-the wider the variety the better-will lower the risk of an array of cancers * How dark chocolate...



READ ONLINE
[7.09 MB]

Reviews

Undoubtedly, this is the finest job by any article writer. it had been writtern very perfectly and beneficial. Its been printed in an exceedingly simple way in fact it is only following i finished reading this ebook by which basically modified me, modify the way in my opinion.

-- **Lane Dicki**

Completely essential study publication. This is for anyone who statte that there was not a well worth reading through. I am very easily could get a satisfaction of reading through a written publication.

-- **Hallie Stanton**