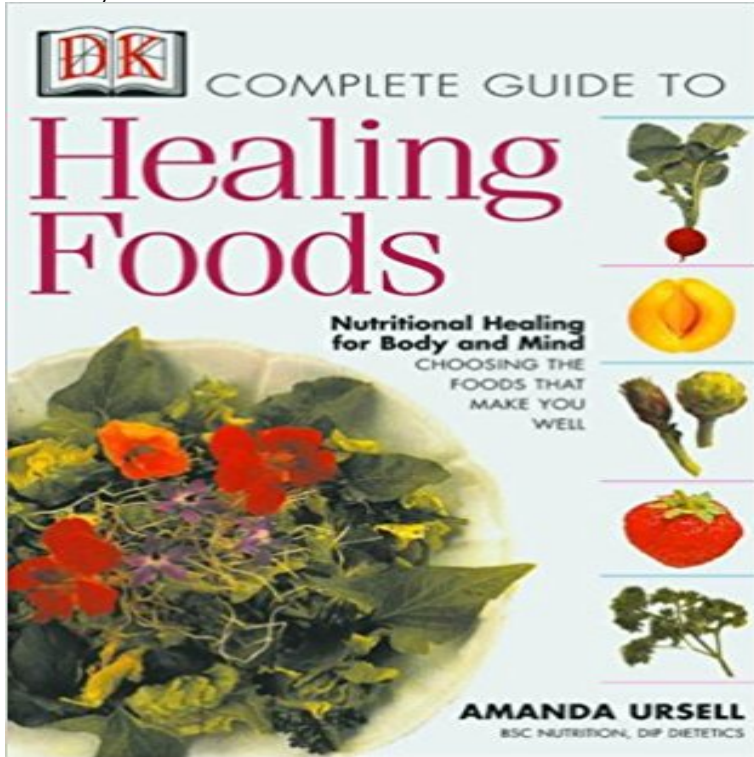


The Complete Guide to Healing Foods: Nutritional Healing for Mind and Body



An authoritative and practical reference guide to using nutrition to develop optimum health. The idea of using food to heal is not new; people as diverse as Native Americans and Aboriginal Australians have used food as remedies for thousands of years. Today, research reveals a wealth of new findings on how certain dietary substances provide protection against disease. The Complete Guide to Healing Foods offers the most up-to-date information in this comprehensive and practical sourcebook. Authoritative Food File: A detailed photographic fact file profiles over 70 key foods reported to have particularly beneficial effects, from broccoli and bread to strawberries and zucchini. Information covers key nutritional values, research findings, and active therapeutic properties, plus tips on selection, storage, preparation, and recommended daily amounts. Advice On More Than 80 Ailments: From life-threatening conditions, such as heart disease and cancer, to the common cold and heartburn, a vast range of ailments can be relieved through diet. Nutritional healing strategies are featured for more than 80 conditions, incorporating advice on the best ways to build up the immune system and boost energy levels. Nutrition For Life: Babies, adolescents, pregnant women, and the elderly can certainly benefit from eating certain key healing foods. Buy anyone can put the essential nutritional information in Complete Guide to Healing Foods to good use in their every day lives.

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