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Reader's  
Digest

# Foods THAT Harm Foods THAT Heal

AN A-Z GUIDE  
TO SAFE AND HEALTHY EATING

**COMPLETELY REVISED  
AND UPDATED**

*Reader's Digest*

**Foods That Harm Foods That Heal (Turtleback School &  
Library Binding Edition)**



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A bargain, financially, and intellectually - best buy in town. The topic seems very interesting and educational. This book is not an inexpensive "trade edition," but a well manufactured, hardbound volume, replete with effective illustrations. Regardless of price, this book is a treasure trove of information, and is an easy read.. interesting read. Good general discussion of dietary aspects of food This is a good general market book to introduce people to the nutritional aspects of the food they consume. I purchased it to see what a friend was reading/what sort of information she was actually getting. As a holistic nutritionist, however, I was a little bit disappointed by the regular recommendations for consuming sugars/high-sugar-foods on the suggestion that sugar can help people keep up their energy levels. I have never owned a publication like this. BEST BUY EVER I bought this book in 1997 but still use it and have it handy at all times!. this book is a must have! The fish that's contaminated by the waters they come from, and I could continue permanently. Earl Mindell, and others. for sickness what it is, what ought you eat, what to decrease, what to avoid. It can help with food options for certain ailments. I'm not likely to list the contradictory information but when you have claims conflicting with books by Dr. incidentally i'm ordering today a 2004 copy for my mom in law who offers recovered from breast cancer and is so much into eating healthy. Great Book Reserve came in great condition. The writer placed the book info together perfectly and easy to understand. I would recommend this book to anyone. The volume was written in 1996 or 1997. so it won't possess the most current food pyramid or current number of servings from each group, however the food pyramid adjustments from time to time anyway so still an excellent book to possess in your collection. Good book to own I got the book before the delivery date. Not what I thought it had been going to be Not what I needed as an instant way to research things I wanted to know. This book is chock full of excellent information about foods and nutrition This book will need to have had a production overrun, because it's selling at prices that are inconceivably low. I can't wait to start reading. Not really a book you would have for years as a reference Interesting. I've read this publication from cover to cover However the prices of which this book is available, makes this book one of the best economy deals in town. i'm often trying to keep up my healthy behaviors and maintain a balanced diet... (Yes, glucose does spike energy, but they then drop significantly, causing visitors to feel starving and want to consume more sugary food). Too much contradicting information compared to ND cited books. Desire I had known concerning this kind of book years ago.. it is a shame the government is subjecting all to such awful items that could kill the population such as the fire evidence pills for infants, the poisonous food sent to us by China. it is written wisely and incredibly easy to understand. etc. I thought this book would be a hidden gem, but I'm proved wrong simply from scheming more than through

a few of the info. I am 75 years old, and find this book so informative. Love this book. in case you are a person like me and like to know what you eat, you must own this publication!Wallach, Dr. it is created in alphabetical order and you could look up almost every sickness, foods, minerals and vitamins, what is good for what, what exactly are the disadvantages and where to find them. Five Stars Thank You . Four Stars good information



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