



*A Jerry Baker Health Book*

**PLUS!**  
**111**  
**Healing**  
**Recipes**

# GIANT BOOK OF Kitchen Counter Cures



**117 Foods that Fight**  
Cancer, Diabetes, Heart Disease,  
Arthritis, Osteoporosis, Memory  
Loss, Bad Digestion and Hundreds of  
Other Health Problems!

Karen Cicero and Colleen Pierre, M.S., R.D.

Karen Cicero

Giant Book of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion and ... Problems! (Jerry Baker Good Health series)



[continue reading](#)

The curing powers of preferred foods are leveraged in the recipes and cooking food tips in this help to using food to alleviate serious diseases and common ailments. Shopping suggestions and menu recommendations are provided that offer healthy, nutritional meals created for sufferers of specific diseases. Fighting cancer of the colon with cheese, preventing cardiovascular disease with green coffee beans and chocolate, and treating urinary tract attacks with blueberries are types of the precautionary measures and homemade remedies that can help readers slash medical expenditures and minimize doctor appointments.



[continue reading](#)

Well worth the purchase price! It has plenty of really good information. wonderful recommendations. Usually when a book covering nourishment includes dishes, they are typical at best. the natural medicines in life. Any book from Jerry Baker is usually a must-read. I could guarantee from my own experience that anyone who switches from the regular American diet of sugar-laden and fried foods to a healthy diet like this, will discover a significant improvement within their health. They were almost never sick while at home, aside from a rare cold (less than once every three years. This is actually the diet my children and I got while these were growing up.) After they were by themselves, the ones who continued the dietary plan remained healthy and the ones who started eating the standard fatty, sugary diet of all people had their wellness decline. I came across those foods, but am just enjoying reading all the details within its pages, including recipes. The publication is filled with information in a well-organized way, and easy to check out. Once you start getting rid of fatty fried foods and sugar, you will question how you ever ate it in the first place. I bought one for my Mother as well, and would recommend this book to other people looking for a natural method to make yourself healthful. And the food - it tastes great. The text is larger than normal and makes it easier for the older person read. I was impressed with the layout and how easy and fast it is to learn and skim through. Excellent book to have. A excellent publication to have that presents what foods to consume to heal your body.. I've an autoimmune problem, and bought the publication, looking for foods that are best for the immune system. Now they are all back on the healthy eating and their health reflects it. It offers helped me diversify my diet plan too. I rate this book 5 stars since it is full of information and easy about the eye. It reads like a dictionary of foods - includes nutritional benefits, how exactly to purchase and store the food item, and a good recipe to create with each food. Today I utilized the book at work to read about and discuss the advantages of apples with my customers!! love this book in the home for personal make use of and I share it all with coworkers and impress people who have random food knowledge! USEFUL!! also utilize it at work where I educate people with disabilities - we discuss diet of an component and make the quality recipes. :) I would recommend this book if you are interested in learning about the miracles of meals and basic nourishment... Although I've not made any of the recipes in the book however, I have already been cooking long enough to know that there are some extremely good ones included. wonderful recommendations. Will certainly put to using. Good material information really handy. This is a simple, yet excellent book for a person who wants to enhance their health with healthy eating and needs to learn just a little about nutrition. I cherished how they broke down all the good things, and enjoy the dishes that they included. awesome Already have learned from this book and sharing with others. A well organized reference book. Publication arrived in good shape and earlier than expected.. It offers a lot of details that makes a lot of sense. I have already began to use some of the info. The big surprise for me personally was that the dishes appear to be quite good. Any book from Jerry Baker is definitely a . It has great advise I really like this book. I am pleased with the book I am pleased with the book. Bought this as something special to a pal. BTW: Information is brief but definitely useful. Five Stars Great book with a whole lot of information. I was extremely impressed that the authors got the time to include quality recipes that truly will taste good, and are basic to prepare and also being nutritional. Counter Cures I chose a high rating because this is a really good book. Reading through to different outlined foods. Improve quality of paper and I'd have paid more good reserve to refer back again to when grocery shopping. Like book. Three Stars It's ok. Good info once and for all health Good information the way the food helps your health.



[continue reading](#)

download free Giant Book of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion and ... Problems! (Jerry Baker Good Health series) ebook

download Giant Book of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion and ... Problems! (Jerry Baker Good Health series) txt

[download free The Breuss Cancer Cure epub](#)

[download free Take Out the Toys: Building Early Toy Play for Children with Autism Spectrum Disorder and Other Social Communication Difficulties pdf](#)

[download Put Pretending into Your Child's Play: Building Pretend Play for Children with Autism Spectrum Disorder and Other Social Communication Difficulties txt](#)