



Healing Foods

Figs

FRESH

A great source of potassium, which helps regulate heart rate and reduce blood pressure.

DRIED

The dried fruit also contains pectin, which helps reduce blood sugar.



Eat your way to a healthier life

DK

Healing Foods: Eat Your Way to a Healthier Life



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Take control of your daily life and your health through what you eat with Healing Foods — With an increase of than 200 healing foods, from carrots to clementines, and 150 easy-to-prepare quality recipes that heal, Healing Foods empowers readers to practice optimum nutrition, and displays how certain foods could be incorporated into lifestyle to target specific medical issues. an indispensable resource that shows you just what foods are greatest, and how to boost their super-meals potential.



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{Good information on healthy foods This book has some really good information and good recipes in it. The first half of the book breaks down what each food is good for healthwise and tips on how to use it. I also ordered? this (and the older book) for my cousin who shares my passion for healthy eating. This is a great starting point and it has been fun to look up the foods I've been preparing to see the ways they support health. However, the nutrition values are not included. For those of you who do not need nutrition counts, it is a great book with lots of healthy meals., that are in a meal. For my particular situation, I was very disappointed that this was missing and is why I am only giving it 3 stars. Otherwise, I would have given it 5 stars. Since I am diabetic, I definitely need this information in order to count sugar, carbs, etc. It is not only a cookbook, but a combination of healthy recipes with healthy foods. Those of you who are concerned with diet will find the recipes in this book a healthy way to eat.. 'HEALING FOODS' gets an excellent, five-star rating from me 'HEALING FOODS' gets an excellent, five-star rating from me. Amazon. Nice page layout. This book not only let's you know how foods benefit, but it also directs you to foods that help improve a medical condition (check with medical doctor is advised). I especially like how there are two indexes." Thelma A Favorite Reference Book I love this hardback book. Beautiful colored pictures of the fruits and vegetables. For example on the page mentioning BLUEBERRIES. (Each food is given "what is it good for" facts. Mentions also that blueberries slow the growth of prostate cancer, helps prevent cognitive decline, effective against gastroenteritis and helps protect eye health! The authors state: "what is it good for? I did wish there was a little more consistency in the information provided page to page. It is stated 1) what it is good for 2) how do I get the best from it and 3) how do I use it. Helps guide you to healthier diet with multiple indexes Great book with multiple indexes. In how to use it) it reads add to cereal or yogurt for breakfast or freeze to preserve them for longer and include them in a breakfast shake or smoothie. Excellent health resource! Four Stars Her informative and detailed. I highly recommend this book for anyone wanting to stay healthy or improve their health. Five Stars for HEALING FOODS book. " I like it a lot I have this book before," I like it a lot," I was a caregiver for long time no time for me, but I never regretted, I feel I make place to heaven when is time for me, hahaha, I was without preparation with my breasts cancer, taking a lot of medicine, 170 over-weight and debilitated. "I changed my life, eating healing and healthy food," walking everyday to the park, with my dog, my weight now is 130 my body is strong, "we are what we eat." To take care your body, is the best investment, in your life, "believe me no one wish to depending on someone else," " never is to late.! You learn more about 175 healing foods from apples to aloe, from plums to peppers, and from almonds to walnuts the book states. It has tasty recipes and health information that is clear and understandable. I have the older version of this book as well, published in 1996. Both books are used frequently for reference when creating shopping lists and meals. I am becoming more and more skeptical of the "big pharma" industry and more of an intentional, clean eater. Some of the remedies in this book have been lifesavers and that means fewer visits in the doctor's office. It also includes some nice pictures with the recipes, as well as with the individual grains and other foods. I love the peach iced tea. I've made them in a blueberry pie for New Years' Eve. Four Stars Ok Five Stars Dorling Kindersley books are the BEST! I wish I had it years ago. There are so many things I like about it. I like how the foods are separated and the health benefits are clearly outlined on each page; My only complaint is that unlike the foods, the kindle edition doesn't let me navigate directly to a specific condition - I have to scroll through. The second half of the book has great recipes." Let food be your medicine and medicine be your food is mentioned inside the pages. The one I use the most is organized by health issue, and you can look up an issue and find all the foods that can help with that situation. The other index is a regular index, helping you to find specific foods in the text. An excellent resource!! There is lots of great information on the health benefits of various foods and great recipes as well. A family member had it when I visited once and when I saw there was a kindle version, I bought it. this is the first half of the book. I would like a bit more information about the authors and sources used (maybe I just can't find the relevant section on the kindle version). Overall, a great book and worth reading. Each recipe has it's own page and at the top of the page under the title of the recipe it lists why this particular meal is good for you.) Listed in the how do I get the best from it, the authors state to buy organic to avoid chemical contamination. This book shows you how to "eat your way to a healthier life! Recipes included.com ships promptly and well. Helps guide you to healthier diet. Lovely book This book has beautiful layout and is worth keeping out on the coffee table. Happy with this purchase I'm really liking this book. I paid full price for this item and was not

compensated in any way for this review." and mention that blueberries are good for prostate health, improved memory, healthy gut, supporting vision and helps treat urinary tract infections! However, I do my own research anyway and a few of the things I've checked out more so far have seemed right on. Five Stars Great book A+ Great book thanks Five Stars I love everything about this book. The layout, the information. Super good book to own, LOTS of information for what food does what.. its all spot on and very beneficial.As mentioned there are 175 foods with these details given. Does your and your familys health matter?. I know you can seek this information on the web but this you can actually own and read and use to your and your families health benefits. I have been wanting this book way before Christmas and now I finally have it and its soooo worth it. This book is amazing! Good transaction. Happy with item. Thanks.



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