

THE DOCTORS BOOK. *of* FOOD REMEDIES

THE BESTSELLER—NOW FULLY REVISED AND UPDATED!



**HUNDREDS
OF TIPS TO:**
BOOST IMMUNITY
FIGHT FATIGUE
EASE ARTHRITIS
**PROTECT YOUR
HEALTH**



The Latest
Findings on the
Power of Food
to Treat and Prevent Health
Problems—From Aging
and Diabetes to Ulcers
and Yeast Infections



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Selene Yeager and the Editors of **Prevention**

Selene Yeager

The Doctors Book of Food Remedies: The Latest Findings on the Power of Food to Treat and Prevent Health Problems--From Aging and Diabetes to Ulcers and Yeast Infections



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and wines -reduce cholesterol with cinnamon Written in collaboration with the editors of Prevention magazine, one of America's most trusted resources for health information, the book covers 60 different ailments and 97 different healing foods, and will be offering 100 delicious, nutrient-rich quality recipes. The Doctors Reserve of Meals Remedies - by Selene Yeager and the Editors of Prevention Health Books - shows how to use Mother Nature's "curing foods" to lose excess weight, prevent cancer, reverse cardiovascular disease, cleanse arteries, unleash an explosion of brand-new energy, lower cholesterol, appear and feel years younger, and much, a lot more. Newly researched, every entry provides current details and the most recent clinical studies from true doctors and nutritionists employed in the best medical establishments in the United States. In recent years, scientists have discovered thousands of substances in foods that go way beyond vitamins and minerals for 100 % pure healing power. Here visitors will discover how to: -cut the chance of heart assault in half by snacking on nuts -protect against cancer of the colon by consuming grapefruit -cool off popular flashes with flaxseed -heal a wound with honey -fight diabetes with milk—



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This is a thick book which really enters details . Maoshing Ni. The nurse let me relax for 5 minutes, when she took it the next, it drop to 130/ 87, plus they said that since it was heading down, I could make an appointment in 3 to 4 months to see how it's doing. That is a thick book which really enters details about food choices to create for helping relieve many physical conditions. I'm diabetic and through the quantity of detail for the reason that chapter about diabetes my mind is still spinning because this reserve doesn't skimp on facts. I didn't check for mental conditions though I'm sure major depression made it within somewhere. This reserve isn't written by an instant fix guru at all. You really have to make yourself read what is detailed about any condition you might have in earnest. Jan, 2011 Update: We came back the softcover edition We mentioned above and replaced it with the hardcover reserve.' Yeah.. (Please see my 2nd post beneath the comments of M.what's yours ? Whatever it really is I'm sure this publication can help you with it! This book is definitely worth the money. Good fundamental health info -albeit a commercialized viewpoint Ahead of purchasing this book We posted a couple of comments below M. Gouin's three superstar review (who knocked it because it promotes milk as a healthy food). Now that I have had an opportunity to look it over I idea I would review it. Over-all I love the publication and would recommend it for almost everyone. I have and I will recommend this reserve to anyone that wants the truth about meals remedies. I haven't attempted the recipes yet, but they look very good. God supplied a medicine cabinet filled with nutrients in every meal we have with healthy foods. Even though I am a proponent of supplements, this book focuses on the specifics of food sources which should be our primary source of sound nutrition. Man will never be able to extract or create anything as perfectly as nature. Having said that, I could not give it five stars since it comes from an extremely commercialized viewpoint, extremely typical of Prevention Magazine (the editors of the book). IE: some of the otherwise great-looking quality recipes promote the usage of microwaving - an extremely poor way to make foods and one that needs to be avoided. Discover out which foods are good for what ails you. But this is easy to ignore. Sadly for me, the majority of it advocates I will eat foods I can't stand for health advantages.. Gouin's review for information. If they took my blood circulation pressure the first time, it had been 155/98. The covers are thin and curl back away from the webpages after only a short while of use. Not really a tree-hugger. Even though ISBN's are identical, evidently I purchased a "discounted" duplicate (@ \$8.99) so maybe the higher-priced version is a better quality, and for that reason the number of stars I provided it did not reflect this. Also well worth noting is the description says it was updated in 2008, but the copyright in the book shows 2007 (and can be reflected on the copyright page of the "appear inside" take on the Amazon website). Other than this, We still recommend it since it contains a whole lot of useful details. Another book, perhaps a bit better and with an identical food-focus, is certainly 'Secrets of Longevity: Hundreds of Methods to Live to Become 100' by Dr.. I'm very positive I'll discover something to feel guilty about because I'm not wanting to eat something as I should and not doing what the doctor says according to the writers of this book. The hardcover is very good for the \$15 price (Particularly when you consider how big is the book!) Great BOOK. I question what your diet would become like if you tried to follow their "cures" for several medical issues. So, three times before I went back to see, I had taken the foods from the book and I made juice with them and I drank it for the three days.. 'Meals is Medication!' I used to be a small snotty nosed sarcastic child and state 'No grandma, medicine is certainly medicine and food is food! That's my issue.. She was WISE. I also discovered other things I did not really know before about basic things - right in the pantry. Many of our vitamins, phyto-nutrients, anti-oxidants and healing elements are derived from our FOOD.. Meals IS medicine! It lists

ingredients such as for example wheat germ - an old-school 'health food' known to go rancid therefore quickly that it may cause more complications than it's worth. Eat lots of raw, organic unprocessed foods. The inside is printed on inexpensive newsprint with uneven ink distribution (going from normal to extremely light, page-to-page). I am just a guy with a pot-belly understanding how to eat better at 35+. There are a lot of health books available supplying nutritional information that usually focus on supplements. I am attempting to accomplish better! It acquired the updated info the other book was lacking. I browse that section, and I began feeding on the foods that was talked about. My blood circulation pressure was high and the medicine helped very little, and I saw my doctor last month and he told me that if my blood pressure did not go lower, he would add another blood pressure medication. You will find SOMETHING that helps My grandmother used to usually say.) Finally, the binding of the book I received was pretty cheap.. I'm pleased I read this reserve and it persuade me that food may help improve your health and I'll continue eating and producing juice from the foods under high blood pressure, so when I make that next appointment I wish to find if it has improved more. Each easy to read chapter focuses on one specific meals with a recipe by the end of each chapter. not really what I thought it will be A few of the nformation in this edition is actually dated as even I had browse elsewhere that some of the things they were recommending are no longer current with the existing thought. The chapter on milk is usually without any substantive recent study and, while not as old-school as 'milk is the devil' continues to be quite behind the latest info.. Once again it point out there is absolutely no short lower to good health. An excellent book for those who are seeking 'alternatives' for pricey and perhaps dangerous perscription drugs. Because of arthritis in my own hands, I was hoping to find suggestions to greatly help - and did. A long time later on I know she actually is right. Well worth reading I am very thinking about "natural' remedies, instead of perscriptions, which can so often cause unwanted effects - not to mention an empty wallet. An abundance of information and great reading! I had an earlier version of this book that We had picked up at a second-hand shop and loved what We read but there was informaton on some foods and groups missing that I was sure was due to the age of the book. Found the updated edition on Amazon and purchased it. The Doctors Book of Food Remedies This book is quite helpful, I wanted to find out what foods I could eat to lower my blood circulation pressure. I am happy with this book and would purchase it again. Cures from the kitchen Great, safe, convenient ways to deal with common ailments, and with points you're already going to have on hand. Not Much to Sink Your Teeth Into Not much here that is either fresh or useful info. Must have sent it back. Love it Fun to read Five Stars great book Five Stars Thank you! Four Stars Great suggestions great great reference book



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