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THE BEST-SELLING HEALTH BOOK

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Reader's
Digest

FOODS THAT HARM

WHAT TO EAT
TO BEAT
DISEASE



FOODS THAT HEAL

*The Best and Worst Choices
to Treat Your Ailments Naturally*

Editors of Reader's Digest

Foods that Harm and Foods that Heal: The Best and Worst Choices to Treat your Ailments Naturally



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This completely revised, updated and redesigned edition of Foods That Damage, Foods That Heal, you will find the best and worst choice to take care of your ailments naturally. More than 7 million copies of the book have been sold worldwide since that time, and interest in meals as medicine has only grown as experts have continued to find the crucial connections between diet and chronic conditions such as cardiovascular disease, cancers, diabetes, and other critical illnesses, along with the impact of food on tension, insomnia, and other common complaints. In this completely revised, up to date, and redesigned edition, you'll find: More than 90 health condition entries from arthritis to insomnia to cardiovascular disease Almost 150 meals entries from apples to zucchini, including fast food, additives, and more standard ways to eat, cook, and store each meals Food-medicine interactions to be aware of Sidebars on from the new USDA Food Plate to the many benefits of supplement D, probiotics and super foods like goji berries and acai. The first edition of Foods That Harm, Foods That Heal changed just how we view food and its impact on our anatomies. This book covers over 90 health issues and 150 entries.



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Nature's Medicine Cabinet There is a lot to digest (no pun meant), but I really like what I've read up to now. I'm a person who's a bit of a cynic with regards to the pharmaceutical industry.. If a remedy were found, the profit would stop there. Because of this, Big Pharma has no real interest to find an end to cancer, or any other disease that now requires prolonged treatment. has this book so should you. You will be amazed at everything you learn. Luckily, the belief that the proper food can heal what ails you provides taken root (again, simply no pun intended) plus some segments of society are waking up to the actual fact that Big Pharma only cares about keeping you sick more than enough to continue to buy what they're selling. How can this be? Best Health GO-TO Book EVER! This is my GO-TO bible for anything that ails me (a cold sore to dry skin!) and any foods I am interested in (such as nutmeg or kiwi)---and their effect on my body. It really is written in simple layman's terms and provides great illustrations. in any case it inhibits the absorption of iron. Great encounter! While dog-sitting I saw this as a hard-cover within my Pastor's home. . Amazing book! She's a Globe-trotter (yes, I bet she could enjoy basketball) as well, planning for Africa later on this Sept. Therefore I feel safe in what I stated. Great reference..S. The idea that cures can be found in nature is one which has been demonized. That is how I sensed when I ran house and ordered the publication. The very first time I ordered this book pages 135-158 were .. If you believe about it, the money is made by making patients dependent on medicine. The very first time I ordered this book pages 135-158 were blurred and words were printed again underneath them. I returned it the idea let me get it again to have the information within my fingertips. To my shock I got either the same blurry reserve or another blurry publication. I will have to return it again and this time stay away. Outstanding book! Outstanding book! Helped me find that gout was leading to my knee and ankle pain! Five Stars Great Four Stars good info on foods Great book for health mindful people. Fast delivery! They both love it as very much as I do! That's where I learned that spinach isn't good for anemia (low iron). You can appearance it up by the meals or by the problem. His wife is, in my own mind the world's greatest cook. It seems that if you had been to help make the claim that the right food can heal what ails you, you'll be dismissed as a bleary-eyed, tree-hugging hippie. Amazing book! If you're interested in studying the good and bad of what's within Nature's Medicine Cabinet, that is a good place to start. Popeye eats spinach. Stating all that to state that if A.. I've purchased the last 2 editions and also bought the most current one as presents for my boy and my companion who is dealing with breast cancer. Which is one among many many things that may surprise you as it did me. You may be amazed at what you learn. She actually is also a mid-wife, and I have yet to get anything where this remarkable woman is not well versed. Love it! Great read and good advice for searching for foods that won't harm a person starting on a diet to change their life or because they will have food allergies. All I acquired to do was discontinue one meal and the pain went away! Wonderful information. My aunt cherished it as something special Great gift - easy to read, informative



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