

# Eat and Heal!



*FC&A Medical Publishing*

## **Eat and Heal**



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Great news! Delicious foods you currently love to eat can prevent - and even help get rid of - many common ailments, including cardiovascular disease, malignancy, diabetes and arthritis. Plus, when you look up your health concern alphabetically, you'll discover exactly which preferred foods will help you experience better - and why! In FC&A's newest publication you'll find over 300 pages of foods that are loaded with the vitamins, minerals and nutrients that researchers say prevent maturing and disease. Foods like strawberries (helps prevent malignancy and enhances your memory), green tea extract (fights infections and strengthens bones).. actually honey (alleviates allergies and heals wounds).. Understand this book and begin eating your method to better health today!



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Helpful as a reference about various foods for health-related questions The entries in this book are written in the design of Visitors' Digest articles where sources are named and findings from tests done on the subjects are explained. replaced my Dads exhausted copy Lots of information regarding the foods we eat or should eat and just why. It is evident by this that the writers do not promote any particular fad or well-known diet designed to be a panacea for the masses. The foods are shown alphabetically for easy look-up and also certain health issues which are indexed. It really is informative, and actually helps when one is certainly trying to find the right foods for specific health issues. She totally loved the book. My friend likes it just as much as I like my very own copy This book was a gift. My friend likes it as much as I like my very own copy. Great Book I purchased for a pal. When you need in order to avoid toxic scrips or simply dietary supplement with foods that heal, this book has it all. Five Stars Great product Five Stars thank you Four Stars perfect Great! I purchased 7 to give out as Christmas gifts to have the whole family eating more healthy. The book everyone should have. This is the book all should own including doctors. To YOUR WELLBEING! Out sensible you doctor, family members, and close friends when you want the simple get rid of to common ailments and diseases. In one article, it will let you know that avocado is good for a certain wellness purpose, and in another will explain why avocados should be avoided for a particular condition. My Dad can't use the internet and computers so he is still depends on books for many information. He had exhausted his old copy of Eat and Heal therefore i was changing it at his request. Eat and Heal I really have loved this book!!!99. Recommend it if your wanting to eat better. very good very good. book contents Book contents webpages Excellent read with no hype, just details and a very affordable price at \$4. Great reserve at a fraction of the price!!



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