

The Doctor's Book of Food Remedies - Fully Revised & Updated

By Selene Yeager

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Recently, scientists have discovered thousands of substances in foods that go way beyond vitamins and monerals for pure healing power. In the Doctors Book of Food Remedies, you will learn how to use Mother Nature's "healing foods" to help you lose weight, reverse heart disease, unleash an explosion of new energy, clense your arteries, lower your cholesterol, look and feel years younger, and much, much more. Discover how to: Cut your risk of heart attack in half by munching on nuts; Protect yourself against colon cancer with grapefruit; Cool off your hot flashes with flaxseed; Reduce your risk of stroke by nibbling one carrot a day; Lower your blood pressure by munching a little more celery; Heal a wound with honey; Beat a cold with yogurt; Say goodbye to PMS with whole-grain cereal; Fight diabetes with milk and wine; Reduce cholesterol and triglycerides with cinnamon. And, an added bonus of 100 delicious, nutrient-rich recipes specially developed to fight and reverse specific health problems.

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