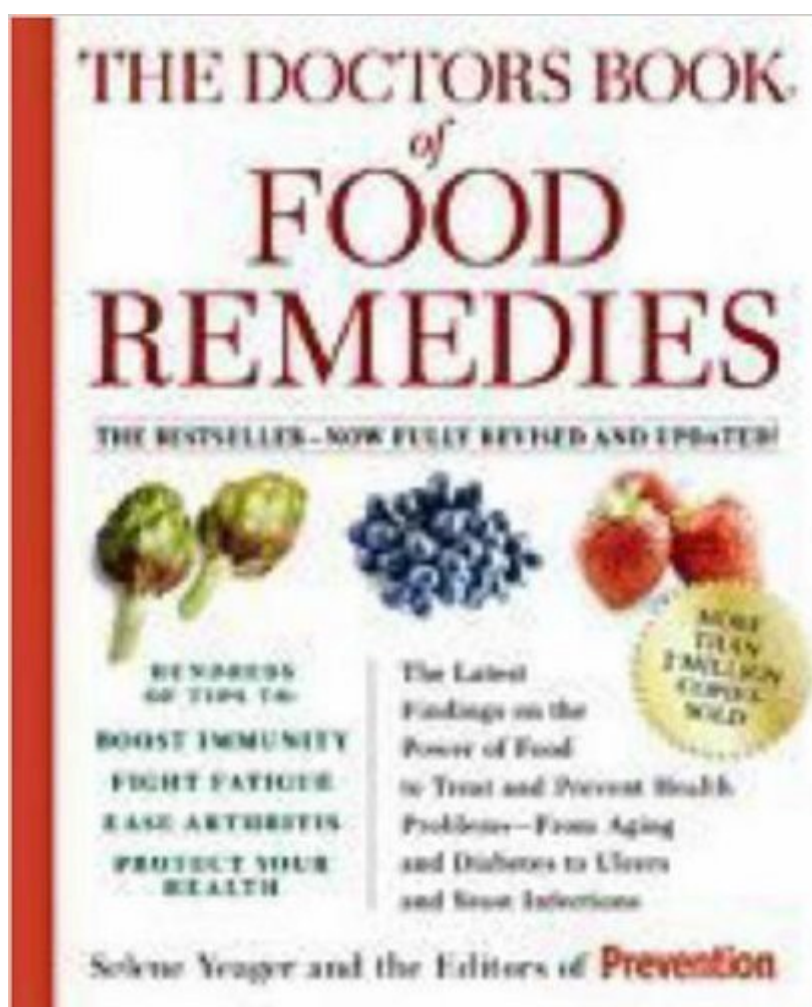


The book was found

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



Synopsis

In recent years, scientists have discovered thousands of substances in foods that go way beyond vitamins and minerals for pure healing power. The Doctors Book of Food Remedies - by Selene Yeager and the Editors of Prevention Health Books - shows how to use Mother Nature's "healing foods" to lose weight, prevent cancer, reverse heart disease, cleanse arteries, unleash an explosion of new energy, lower cholesterol, look and feel years younger, and much, much more. Here readers will discover how to: -cut the risk of heart attack in half by snacking on nuts -protect against colon cancer by eating grapefruit -cool off hot flashes with flaxseed -heal a wound with honey -fight diabetes with milk and wine -reduce cholesterol with cinnamon Written in collaboration with the editors of Prevention magazine, one of America's most trusted sources for health information, the book covers 60 different ailments and 97 different healing foods, and offers 100 delicious, nutrient-rich recipes. Newly researched, every entry provides current information and the latest clinical studies from real doctors and nutritionists working in some of the best medical institutions in the United States. --This text refers to an alternate Paperback edition.

Book Information

Paperback: 720 pages

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Product Dimensions: 7.5 x 2 x 9.2 inches

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Average Customer Review: 4.5 out of 5 stars See all reviews (116 customer reviews)

Best Sellers Rank: #1,187,862 in Books (See Top 100 in Books) #35 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Ulcers & Gastritis #450 in Books > Medical Books > Allied Health Professions > Diet Therapy #3319 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

Prior to purchasing this book I posted a couple of comments below M. Gouin's three star review (who knocked it because it promotes milk as a healthy food). Now that I have had a chance to look it over I thought I would review it. Over-all I like the book and would recommend it for just about everyone. Each easy to read chapter focuses on one specific food with a recipe at the end of each chapter. I haven't tried the recipes yet, but they look pretty good. There are a lot of health books

available offering nutritional information that usually focus on supplements. And while 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. That said, I could not give it five stars because it comes from a highly commercialized viewpoint, very typical of Prevention Magazine (the editors of this book). IE: some of the otherwise great-looking recipes promote the use of microwaving - a very poor way to cook foods and one that should be avoided. It lists ingredients such as wheat germ - an old-school 'health food' known to go rancid so quickly that it may cause more problems than it's worth. But this is easy to ignore. The chapter on milk is lacking in any substantive recent research and, while not as old-school as 'milk is the devil' is still quite behind the latest info. (Please see my 2nd post under the comments of M. Gouin's review for details.) Finally, the binding of the book I received was pretty cheap. The covers are thin and curl back away from the pages after only a short time of use. The inside is printed on cheap newsprint with uneven ink distribution (going from normal to very light, page-to-page).

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