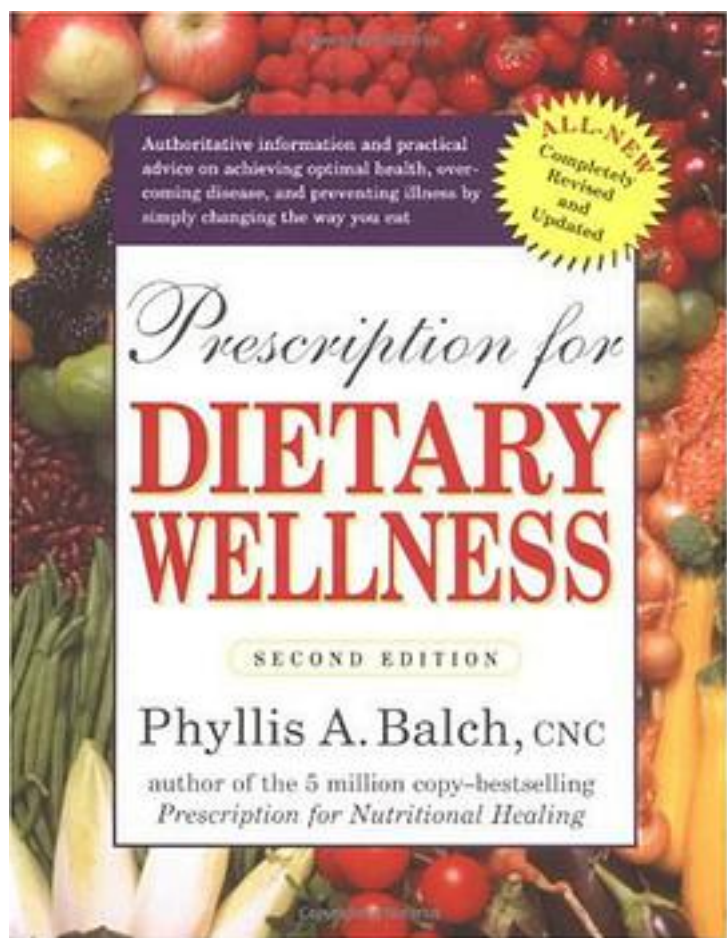


Prescription for Dietary Wellness



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出版者:Putnam Pub Group

出版时间:2003-5

装帧:Pap

isbn:9781583331477

Like its companion books--the number-one bestselling *Prescription for Nutritional Healing* and the newer *Prescription for Herbal Healing* -- *Prescription for Dietary Wellness* offers authoritative information that is research-based and clearly written,

making it easy for the reader to quickly find the subjects in which he or she is interested and to incorporate the dietary recommendations into his or her daily life.

Updates in this second edition include:

- * phytochemicals and antioxidants
- * foods that boost immunity
- * how to choose the most nutritious foods
- * "standout" healing foods
- * how to design a diet for your individual optimal health, taking into account special dietary needs such as those of women, children, vegetarians, and others
- * food combining
- * diet-based healing techniques such as juicing, fasting, and detoxifying
- * how to avoid potential dietary dangers, including threats to water safety, foodborne diseases, food additives, food irradiation, antibiotics, genetically engineered foods, and undesirable substances such as caffeine, cholesterol, and sugar.

While not a cookbook, Prescription for Dietary Wellness also includes a number of easy, wholesome recipes and advice on cooking methods. It is a complete, practical guide to eating for good health.

作者介绍:

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