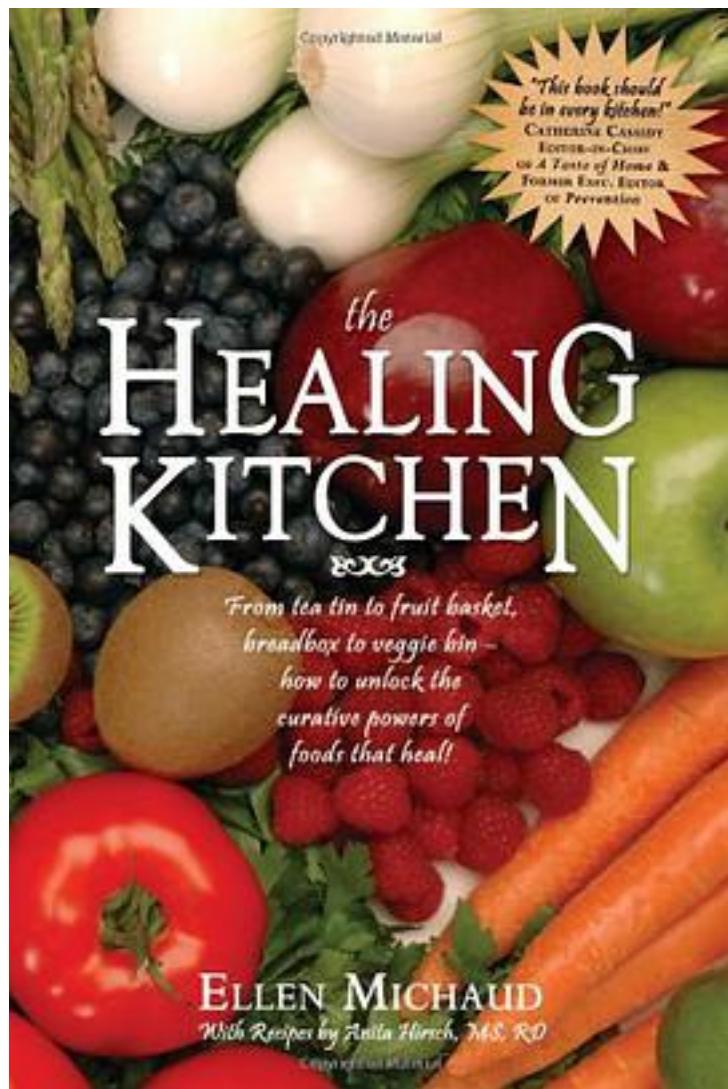


The Healing Kitchen



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More than 350 ways to unlock the curative powers of foods are presented in this down-to-earth guide to physical well-being. Backed by scientific studies, the pragmatic tips can turn any kitchen into the preventative and healing center of the home. Organized by how foods are stored, such as the Tea Tin, the Vegetable Bin, the Breadbox, and the Freezer, cutting-edge information on 120 different foods is presented. From information on virus-fighting apricots and natural anxiety-relieving tea to stomachache-quelling honey and natural cleaning products, this reference explains why and how these everyday ingredients heal the mind, body, and spirit. Consumer-oriented information on buying, storing, and using each food is offered, as well as 165 recipes that detail simple and delicious ways to create a healthy diet using these powerfoods.

作者介绍:

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