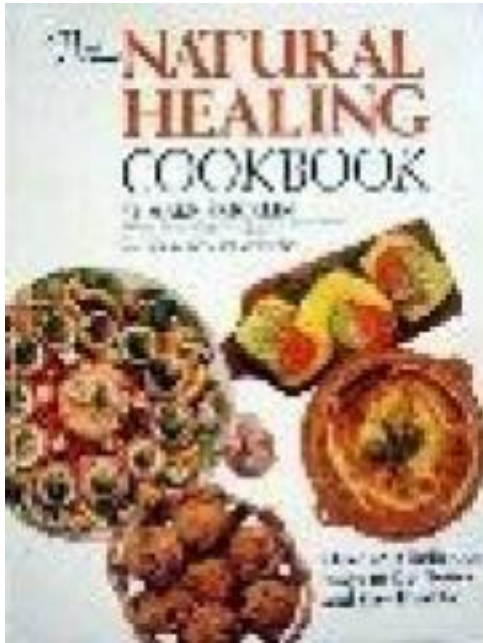


The Natural Healing Cookbook: Over 450 Delicious Ways to Get Better and Stay Healthy



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著者:

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The recipe below is just one of many in The Natural Healing Cookbook that provides the kind of nutrition

believed to be effective in healing or preventing common health problems As explained inside (see Table of

Contents), the symbols next to the recipe indicate it was designed to help problems with disease resistance,

digestion, nerves and cancer prevention

Altogether, more than 30 different health problems are discussed in detail, with fascinating information

on the kinds of foods and menus believed to help (or hinder) the healing process
Among those problems are

heart trouble, high blood pressure, weight control, and even such specific problems as arthritis, diabetes, fatigue,

headaches, pregnancy, prostate problems, varicose veins and many more

This is not a miracle-cure book, but a sensible, practical approach to better health, written by one of

]

America's leading health writers, and a fine natural foods cook and documented with stores of references to

recent medical literature

作者介绍:

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