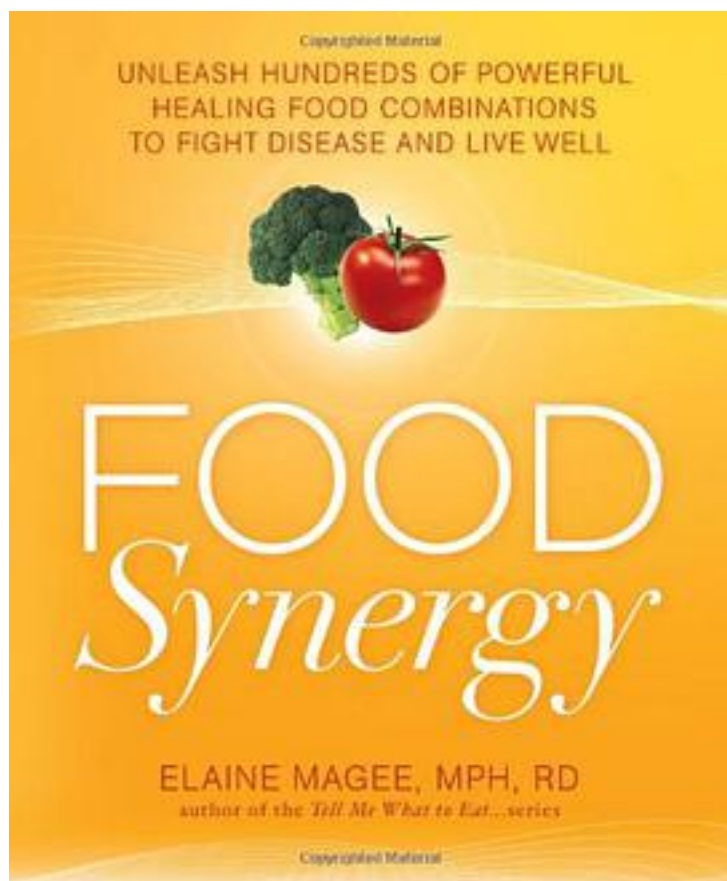


# Food Synergy



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出版者:Rodale Books

出版时间:2008-03-04

装帧:Paperback

isbn:9781594866227

Over the past few years, scientists have made dramatic new breakthroughs in harnessing the healing power of foods. In addition to discovering which "superfoods" offer maximum health benefits, they now know that some nutrients pack a special healing wallop when eaten together rather than alone. In more than 25 books and her nationally syndicated newspaper column "The Recipe Doctor," popular food writer

Elaine Magee has demonstrated a special gift for translating the science behind nutrition into easy-to-understand advice. Here, whether she is highlighting the latest news on phytochemicals or explaining why new lab studies suggest that tomatoes and broccoli work together to reduce prostate growth better than either vegetable alone, she not only details the best foods to eat and why - but also shows how to utilise the most nutritious food combinations and turn them into tasty everyday meals the whole family will enjoy.

作者介绍:

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