

The Doctors Book of Food Remedies



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出版者:

出版时间:2008-6

装帧:

isbn:9781594866630

This book offers the latest findings on the power of food to treat and prevent health problems - from aging and diabetes to ulcers and yeast infections. 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; and, 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.

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