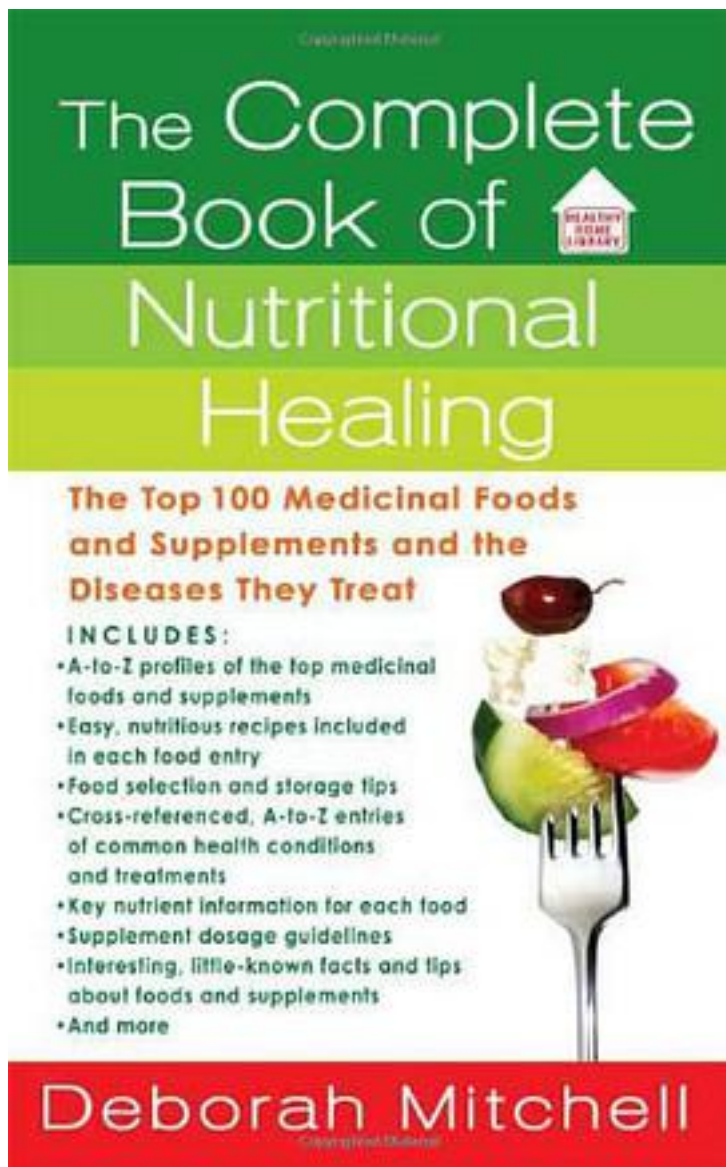


The Complete Book of Nutritional Healing



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- A-to-Z, cross-referenced entries of common health conditions, along with recommended foods and/or supplements to treat them- Detailed entries on healing foods from almonds to oatmeal to salmon to zucchini and dozens in between that boost health and well-being- The latest information on vitamins, minerals, phytonutrients, and more--with suggestions for safe, effective usage - The best food sources and dietary supplements for you and your family- Includes delicious, easy-to-follow recipes - An overview of American diet and nutritional issues today (including a comprehensive resources list)- And more.

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