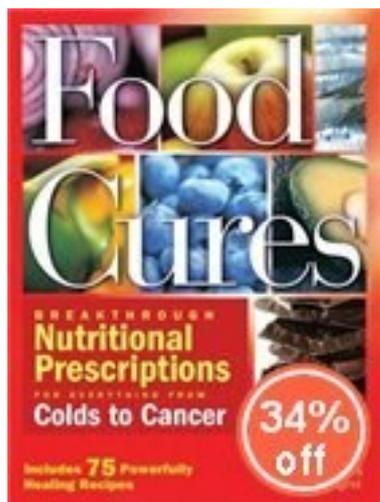


# Food Cures



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Clean out your medicine cabinet and restock with healing and appealing items from the grocery store. Treat the most common ailments naturally, safely, and deliciously-and live pain free, disease free, and worry free Rely less on pills and more on real food. How much? How often? Here you'll find all the answers, the research-validated treatments, and successful cures for dozens of common conditions. The past few years have been filled with intriguing announcements from the world of medical research. Forget about wonder drugs-we're living in a time of wonder foods. The foods described in this book are nutritional powerhouses bursting with compounds that have specific and well-defined health benefits-included are 75 healthy recipes that will please every member of the family. Healing foods section includes information about: \*How a rainbow of fruits and vegetables (8 to 9 servings a day)-the wider the variety the better-will lower the risk of an array of cancers \*How dark chocolate contains hefty amounts of disease-fighting flavonoids and can significantly improve blood pressure \*How olive oil lowers "bad" LDL cholesterol and raises "good" HDL cholesterol \*How spinach, in addition to protecting your eyes from macular

degeneration, is a valuable source of vitamin K, which can help maintain bone density. Discover cures for common conditions from allergies to gum disease, from insomnia to lowering your cholesterol. Changing your diet won't guarantee that you'll never get sick or need drugs, but eating the right food can help heal what ails you and can bolster your body's defenses against disease, treat disease directly, and even slow the aging process.

作者介绍:

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