Food Cures: Breakthrough Nutritional Prescriptions for Everything from Colds to Cancer

Did you know that fish oil is emerging as a real treatment for depression? That foods rich in antioxidants can help fight asthma? That coffee and cinnamon can actually lower blood sugar in people with diabetes? Here you'll find detailed food prescriptions, based on the latest research, for more than 57 common health problems, including colds and Crohn's disease, hay fever and high cholesterol, memory loss and menopause. Plus dozens of practical suggestions for getting more of the foods that can help prevent disease, and simple recipes for immune-boosting smoothies, healing teas, and more. H00011

Features:
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My Personal Review:
This book is perfect for any questions you have about using food to help your body. We all know chicken soup helps colds, but did you know?... This book will tell you exactly what's special about each food and what part of the body or disease it helps. Combat any health problems you have with this common sense food guide.

For More 5 Star Customer Reviews and Lowest Price:
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