



Healing Foods (Paperback)

By Patricia Hausman, Judith Benn Hurley

Dell, United States, 1992. Paperback. Condition: New. Language: English . Brand New Book. The Knopf Canada Book of Healing Foods is a guide for everyday living, and the fastest way to understand how the foods you eat can help to heal, and help you remain healthy. There s a healing food for almost every common health problem - from colds, stress, insomnia and high blood pressure to more complicated illnesses - and most are as close as your local grocer. Healing Foods is an indispensable guide to choosing the best foods for an active life - a bright and friendly market of knowledge that makes the time you spend at the dinner table an investment in spirited living. In beautiful colour, it also highlights health-giving foods and their nutritional and medicinal benefits. Information on buying, storing and preparing healing foods is clearly listed, and each item - from pineapples and chilies to almonds and apricots - is linked to delicious, easy-to-prepare recipes from around the world. A questionnaire helps you assess your diet and general health to pinpoint problem areas, while a section on ailments and treatments makes it easy to address individual concerns. Fully indexed, illustrated throughout in full...

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