



## All American Berries - Potent Foods for Lasting Health

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By Nd Francis Brinker

Eclectic Medical Publications, United States, 2015. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Dr. Brinker s All American Berries is the first compilation of scientific research on health benefits available from eating blueberries, cranberries, black raspberries and black chokeberries. Science shows these berries to be useful in health conditions from urinary tract infections to metabolic syndrome, cardiovascular disease to cancer. Concise, useful summaries join with hundreds of research articles in this beautifully written, accessible and compelling book that blends botany, pharmacognosy and naturopathic principles. Dr. Brinker not only provides the health benefits of each type of berry, but identifies the constituents responsible for their tremendous healing and/or disease protective properties. Inflammation and oxidation are at the center of aging and many disease processes. Yet, in these delicious and accessible berries a full array of nutrients that nourish, detoxify, and support our health is available. These North American native berries are antioxidant-rich superstars for promoting health and longevity. This book is a must-have reference for everyone interested in natural health and comes recommended by John D. Mark, M.D., Stanford University School of Medicine; Randy Horwitz, M.D., Ph.D., Medical Director of the University of Arizona...



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