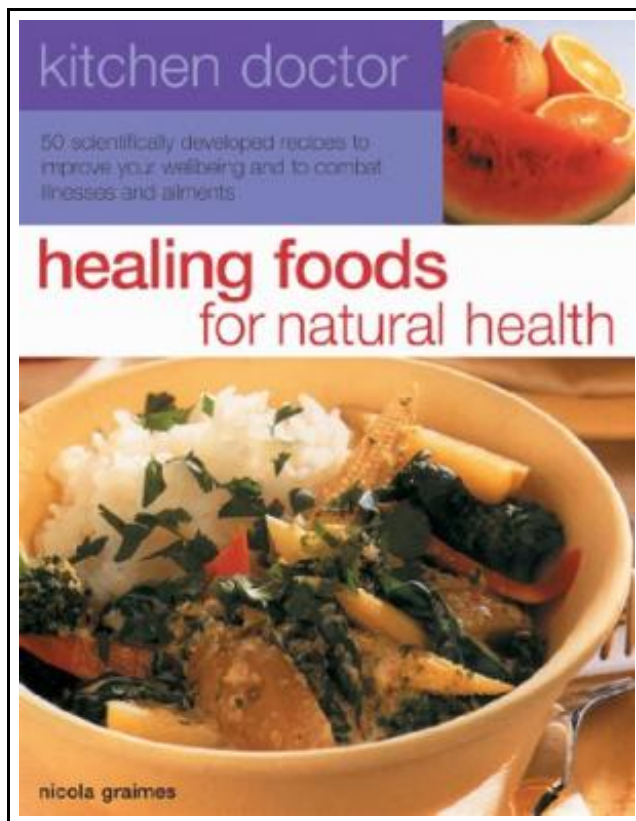


Kitchen Doctor: Healing Foods for Natural Health



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Reviews

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KITCHEN DOCTOR: HEALING FOODS FOR NATURAL HEALTH



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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Kitchen Doctor: Healing Foods for Natural Health, Nicola Graimes, This title features over 50 healthy and delicious recipes chosen specially for their healing properties. It offers expert advice on using food to combat illness and promote good health. It includes beautiful colour photographs of every finished recipe with easy-to-follow step-by-step instructions to help you achieve the best results - over 250 pictures in total. It also includes detailed information on the natural health-protecting compounds found in foods. It provides practical tips on achieving and maintaining a healthy, balanced diet. This book combines delicious and wholesome recipes with essential information on the impact of diet on health. The comprehensive introduction clearly outlines the beneficial food groups, examines their healing properties and provides practical advice on how to eat more of these foods every day. It then explores a number of common health problems, such as cancer, diabetes and heart disease, looking at the key foods that can help to reduce the risk of being affected by them. The recipe section includes over 50 nutritious and mouthwatering dishes for breakfasts and brunches, soups and light meals, main dishes, salads and side dishes, and desserts. Every recipe is beautifully photographed, with easy-to-follow instructions; plus there is useful information on the key health benefits of each.



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