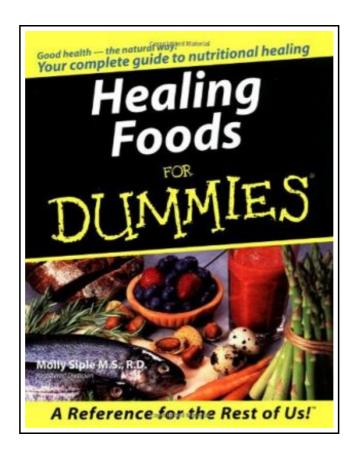
Healing Foods For Dummies



Filesize: 3.04 MB

Reviews

Definitely one of the best ebook We have possibly go through. It usually does not charge a lot of. I am just pleased to inform you that this is actually the greatest ebook i have got study in my own lifestyle and may be he greatest publication for actually.

(Ms. Patsy D'Amore III)

HEALING FOODS FOR DUMMIES



John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Healing Foods For Dummies, Molly Siple, You must know by now-since you've heard it at least a million times since kindergarten-that eating too much junk food and other poor quality, empty-calorie foods, will make you look and feel lousy and ruin your health. And you also know that eating a balanced diet will help keep you healthy and looking good. But did you know that there are foods that actually heal? Harassed by hay fever? Try garlic or onions, or if you prefer something sweet, try papaya or pineapple. Bugged by dermatitis? Broccoli and kale can stop the itch, so can salmon and tuna. For earaches you might try ginger, walnuts, onions, or papaya. And chili peppers are great for relieving the symptoms of bronchitis. The delicious way to better health, Healing Foods For Dummies puts the "treat" back in treatment. Packed with shopping tips, cooking tricks, and more than 60 scrumptious recipes, this bountiful guide shows you how to: *Harness the healing power of ordinary foods *Know which foods to avoid for specific problems *Help reduce the risk of cancer, stroke and heart attack *Relieve the symptoms of common ailments *Fight off fatigue and improve your mood *Get your family eating right Guided by crack nutritionist and bestselling author of nutritional guides and award-winning cookbooks, Molly Siple, you'll discover hundreds of healing foods and the vitamins, minerals and therapeutic phytochemicals they contain. From alfalfa to zucchini, she describes an array of best nutritional remedies, and she supplies: *Easy-to-follow instructions on how to shop for healthy, good tasting foods *A Symptom Guide-simple and easy nutritional remedies for more than 80 common conditions, listed alphabetically by symptom *An A-to-Z guide to 100 healing foods available at your neighborhood supermarket *More...



Read Healing Foods For Dummies Online
Download PDF Healing Foods For Dummies

See Also



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had...

Read PDF »



A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English. Brand New Book ***** Print on Demand *****. The ultimate learn-by-doing approach Written for beginners, useful for experienced developers who want to...

Read PDF »



A Smarter Way to Learn Jquery: Learn It Faster. Remember It Longer.

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand ******. Youre going to get the hang of ¡Query in less...

Read PDF »



Super Easy Storytelling The fast, simple way to tell fun stories with children

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 24 pages. Dimensions: 9.9in. x 8.0in. x 0.2in.Instantly start telling stories with kids. Great for spontaneous storytelling or for creative...

Read PDF »



I'll Take You There: A Novel

Harper Perennial. PAPERBACK. Book Condition: New. 0060501189 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy- I ship FAST...

Read PDF »