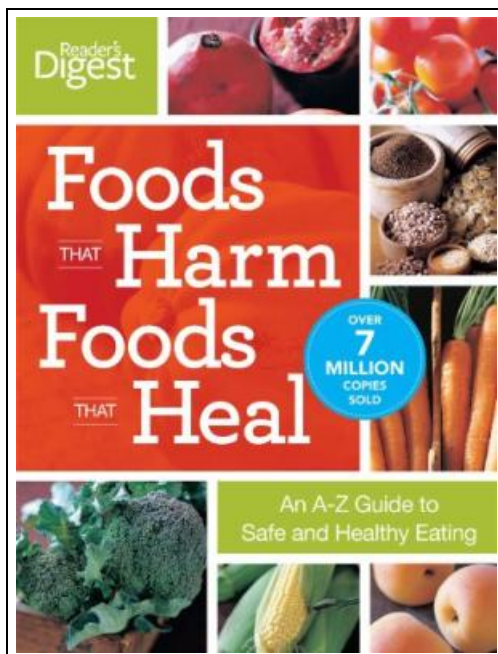


## Foods That Harm Foods That Heal: An A-Z Guide to Safe and Healthy Eating



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*Basically no words and phrases to describe. It is really simplified but unexpected situations in the fifty percent of your book. I am delighted to let you know that here is the very best publication i have got go through within my very own lifestyle and might be he greatest publication for actually.*

**(Watson Kohler)**

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Reader s Digest Association, 2004. Paperback. Book Condition: New. Revised, Updated. 257 x 203 mm. Language: English . Brand New Book. Over 7 million copies of the original book have been sold worldwide and with growing health problems, an aging population, and the rising cost of healthcare, it s more important than ever to know how to avoid and treat problems through the foods we eat. Totally revised and updated with the latest scientific findings and time-honored natural remedies, **FOODS THAT HARM, FOODS THAT HEAL** -now with a redesigned cover-offers important information about the role diet plays in the struggle against heart disease, cancer, diabetes, and other serious illnesses, as well as the impact pf food on stress, insomnia, and other common complaints. Presented are 92 ailment entries that address each condition s symptoms and causes and connects the ailment to foods that help or harm. There are 142 food entries from apples to zucchini, including fast food, additives, and more-you can look up any food and find out its benefits, what it may heal, or how it may harm. The first edition changed the way we view food and its impact on our bodies, highlighting the benefits of food. Food alone is the only source that delivers the nutrients we need to stay healthy; no supplement, vitamin, mineral, or herb can replace this critical necessity of life.



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