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Healing Foods: Using the Therapeutic Properties of Food for Health, with Over 120 Photographs

By Jenni Fleetwood

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Healing Foods: Using the Therapeutic Properties of Food for Health, with Over 120 Photographs, Jenni Fleetwood, You can improve your diet and health with this concise guide. You can learn how the food you eat can play a part in slowing down the ageing process, boosting the immune system, and helping you to enjoy optimum nutrition. It offers a clear explanation of the role of vitamins, minerals, fatty acids, antioxidants, and phytochemicals in the diet. It includes an introduction to 'superfoods', detailing what they are and why we should eat them. Eating foods that promote good health is simple with this handy little guide, which taps into current scientific knowledge about healing foods and summarizes the benefits in an easy-to-use format. The book begins by examining the different food groups available to us, from fruit and vegetables to nuts and spices, as well as listing things to avoid and explaining how to maximize the nutritional value of ingredients. The second half of the book focuses on foods for healing specific ailments, such as irritable bowel syndrome, mouth ulcers, diabetes and fatigue. With plenty of tips and recipe suggestions, this book will help...



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