

Healing Spices : How to use everyday and exotic spcices to boost health and beat disease

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Abstrak

Filled with easy-to-understand information and 50 recipes, this is the first book that shows you how to use and cook with spices for maximum health and healing.

Breakthrough scientific research is finding that spices—even more than herbs, fruits, and vegetables—are loaded with antioxidants and other unique health-enhancing compounds. Studies of dietary patterns around the world confirm that spice-consuming populations have the lowest incidence of such life-threatening illnesses as heart disease, cancer, diabetes, and Alzheimer's.

Bharat B. Aggarwal, the world's foremost expert on the therapeutic use of culinary spices, takes an in-depth look at 50 different spices and their curative qualities, and offers spice “prescriptions”—categorized by health condition—to match the right spice to a specific ailment.