

Super Healing Foods: Discover the Incredible Healing Power of Natural Foods

Goulart, Frances Sheridan, author

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Abstrak

From apples (sunburn relief) and avocados (cardiovascular health) to tomatoes (fighting tumors) and walnuts (relief for cold symptoms) here's an incredible "pharmacopoeia" of foods that puts real curative power in your hands for today's most common health conditions.

These healing foods—all of which can be found at your local supermarket or health food store—have been proven effective in relieving scores of ailments. They're simple, safe, inexpensive, and easy to use to treat or prevent health problems.

This health-giving guide also gives you dozens of simple-to-prepare recipes, menus, and nutrition plans that show you how to put super healing nutrition into action, a comprehensive chart of the body's 10 target healing zones to help you zero in on the exact foods and recipes that could help a certain health condition, and innovative nutrition and support exercises to help you stay healthy and energetic.

In short, this is your total guide to using the incredible power of super healing foods to relieve whatever ails you and gain better health!