

## **Foods That Heal: The Natural Way to Good Health**

Bakhru, H.K., author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920578456&lokasi=lokal>

---

### **Abstrak**

Several hundreds of years back Hippocrates, the father of medicine, said, 'Your food shall be your medicine'. This maxim holds true even today. There are several disorders that can be prevented and treated by selecting natural foods rich in minerals, vitamins, trace elements, vital nutrients and other substances that have positive medicinal and curative values. This is a no-nonsense A-Z guide to the care and feeding of your body, going to the bottom of everything you need to know about diet, health and food. The listings in this clearly written book span general categories of illnesses, food groups, and each entry recommends helpful foods, followed by those that should be avoided. The format allows easy access to information, with entries offering straightforward advice, explanations, and answers. In short, the book is an invaluable guide for better understanding of health, food and natural remedies.