

Eat to Heal: The Phytochemical Diet and Nutrition Plan

Napier, Kristine M, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=9999920579911&lokasi=lokal>

Abstrak

Phytochemicals--substances that may reduce the risk and even the progression of cancer, heart disease, and other debilitating conditions--occur naturally in fruits, vegetables, grains and nuts. This invaluable guide shows how to make phytochemicals part of a healthful eating plan.