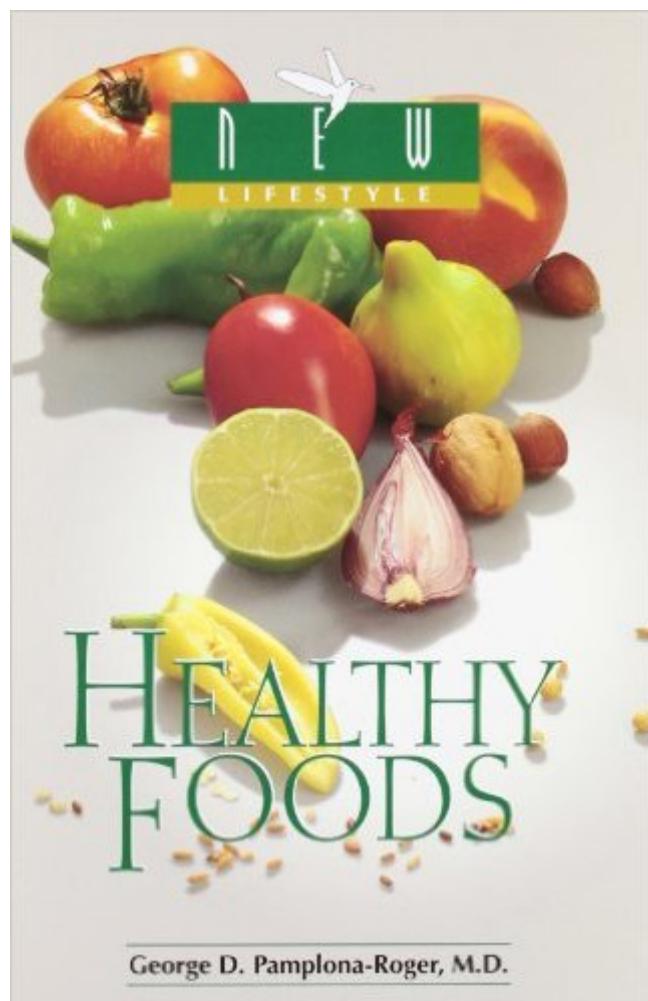


The book was found

Healthy Foods



Synopsis

Know the curative and preventive power of foods. A unique work which will allow you to learn about the most suitable foods for each type of disease affecting different parts of the body, and their correct application and preparation. You will learn which foods prevent, relieve and cure diseases. Over 400 foods organized in a unique manner according to the organ that they work on. Preparation and use of each of the foods. Useful indexes that facilitate your search.

Book Information

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Average Customer Review: 4.8 out of 5 starsÂ See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #712,946 in Books (See Top 100 in Books) #38 inÂ Books > Libros en espaÃƒÂ ol > Cocina > Dieta Especial #163 inÂ Books > Libros en espaÃƒÂ ol > Salud, mente y cuerpo > NutriciÃƒÂ n #194 inÂ Books > Libros en espaÃƒÂ ol > Salud, mente y cuerpo > Dietas y Perdida de Peso

Customer Reviews

I love this book! It's printed on expensive paper with true to color pictures. The explanations are easy to understand. The index makes it easy to look up a condition/illness. People who don't especially like to read will flip through this book. I highly recommend it! Well worth the money.

THIS AN EXCELLENT BOOK. I LIKE AND I RECOMMEND IT. IT HELPS TO LEARN HOW TO EAT HEALTHY. THIS BOOKS IS ABOUT THE HEALTHY FOOD WE SHOULD EAT.

If you are seeking to treat your body to wholesome foods and improve your health with excellent nutrition and a wealth of homeopathic remedies then this book is the perfect source to begin your journey to a better and healthier "You".

A comprehensive and illustrated almanac about food, preparation and its complicated relationship

with illness and health. The author provides convincingly clear and useful information about the composition, nutritional and therapeutic properties of food. The reader may select out of many (also less known) fruits, vegetables, seeds, nuts, etc., to compose an individual healthy diet. Also a description of cancer promoting foods to avoid and foods to prevent cancer. Many references in the bibliography. This edition is from January 2003.

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