

Prevention's New Foods for Healing: Capture the Powerful Cures of More Than 100 Common Foods

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Abstrak

Research has shown that many of the foods we eat daily actually contain a variety of extraordinarily powerful healing compounds. We already know about the healing reputation of garlic, salmon, onions, and broccoli. But did you know that eating apples can prevent cholesterol from adhering to artery walls? Or that consuming fresh watercress several times a day can dramatically decrease your risk of cancer? Or that other ordinary foods can prevent cataracts, stop skin damage, boost energy, ease carpal tunnel syndrome, and help avert Alzheimer's disease? It's true. This enlightening, up-to-the-minute book takes an in-depth look at over 100 familiar foods and explains exactly how each one can make you feel better, live longer, and avoid sudden illness. It also contains more than 100 simple, scrumptious recipes, such as Autumn Stir-Fry and Strawberry Tart, which were created specifically to deliver the maximum healing benefits.

In addition, you'll find a list of 50 common conditions, from arthritis to diabetes to yeast infections, with advice on how to keep them under control with the right foods. With Prevention's New Foods for Healing, you can increase both the healing power and the flavor of absolutely every meal you prepare.