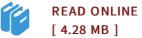




Healing Foods For Dummies

By Molly Siple

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Healing Foods For Dummies, Molly Siple, You must know by now-since you've heard it at least a million times since kindergarten-that eating too much junk food and other poor quality, empty-calorie foods, will make you look and feel lousy and ruin your health. And you also know that eating a balanced diet will help keep you healthy and looking good. But did you know that there are foods that actually heal? Harassed by hay fever? Try garlic or onions, or if you prefer something sweet, try papaya or pineapple. Bugged by dermatitis? Broccoli and kale can stop the itch, so can salmon and tuna. For earaches you might try ginger, walnuts, onions, or papaya. And chili peppers are great for relieving the symptoms of bronchitis. The delicious way to better health, Healing Foods For Dummies puts the "treat" back in treatment. Packed with shopping tips, cooking tricks, and more than 60 scrumptious recipes, this bountiful guide shows you how to: *Harness the healing power of ordinary foods *Know which foods to avoid for specific problems *Help reduce the risk of cancer, stroke and heart attack *Relieve the symptoms of ...



Reviews

This ebook will not be simple to start on looking at but really enjoyable to read. It is one of the most awesome book we have study. Your life span is going to be transform when you complete looking over this pdf. -- Kayla Gutkowski

Excellent electronic book and valuable one. We have read and so i am sure that i am going to likely to study again once more in the foreseeable future. I am just happy to inform you that here is the very best book i have read during my personal lifestyle and might be he greatest book for possibly.

-- Brendan Wuckert

See Also

٢		
	= 1	
L	<u> </u>	

Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in.Still finding it getting your way around your Kindle Fire Wish you had the answers to all your frequently asked...

٢	
	— J

A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to sharpen their skills and don t mind...

٢	ľ	2
	_	

I'll Take You There: A Novel

Harper Perennial. PAPERBACK. Book Condition: New. 0060501189 12+ Year Old paperback book-Never Read-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-Iship FAST with FREE tracking!!!! * I am a...

٢	Ъ	
	≡∣	
L		

It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, It's Just a Date: How to Get 'em, How to Read 'em, and How to Rock 'em, Greg Behrendt, Amiira Ruotola-Behrendt, A fabulous new guide to dating co-authored by Greg Behrendt, former writer on...

Δ	

Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Twitter Marketing Workbook 2016 Learn how to market your business on Twitter for free A best-selling...

٢	
	_
	- J

Patent Ease: How to Write You Own Patent Application (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Patent Ease! The new How to write your own Patent book for beginners! Because you are a beginner; not a...