



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...



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