

Foods That Harm, Foods That Heal

By Editors of Reader's Digest

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Over 7 million copies of the original book have been sold worldwide and with growing health problems, an aging population, and the rising cost of healthcare, it's more important than ever to know how to avoid and treat problems through the foods we eat. Totally revised and updated with the latest scientific findings and time-honored natural remedies, *FOODS THAT HARM, FOODS THAT HEAL*-now with a redesigned cover-offers important information about the role diet plays in the struggle against heart disease, cancer, diabetes, and other serious illnesses, as well as the impact pf food on stress, insomnia, and other common complaints.

Presented are 92 ailment entries that address each condition's symptoms and causes and connects the ailment to foods that help or harm. There are 142 food entries from apples to zucchini, including fast food, additives, and more-you can look up any food and find out its benefits, what it may heal, or how it may harm.

The first edition changed the way we view food and its impact on our bodies, highlighting the benefits of food. Food alone is the only source that delivers the nutrients we need to stay healthy; no supplement, vitamin, mineral, or herb can replace this critical necessity of life.

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Editorial Review

Amazon.com Review
In a blizzard of conflicting nutritional claims and information, here is a book that gets down to basics, debunks many myths, and gives the reader a useful and comprehensive look at food, nutrition, and health. Based on sound science and the research of more than 300 nutritional experts worldwide, it is well organized and indexed, and will be a refreshingly clear reference for anyone who wants to know about nutrition and health (know anyone who doesn't?). One of the best books I've seen on the subject.

From Booklist
Alphabetical listings in this clearly written resource span general categories of illnesses, food groups, additives, and normal life passages, such as aging. Other entries refer to specific medical conditions or individual dietary elements--from acne and alcohol to zucchini and zwieback. Each medical entry recommends helpful foods, followed by those that should be avoided. The format allows easy access to information, with entries offering straightforward advice, explanations, and answers to pertinent questions. Case studies illustrate examples of positive changes in eating habits or lifestyle that can lead to improved health. *Alice Joyce*

Review
Plenty of nutrition books are on the market, but this differs from competitors in gathering not one person's opinion, but the contributions of over 300 nutritional experts worldwide, cross-referencing foods and nutritional advice with ailments and wellness concerns. An a-z listing by both food and health concern makes it easy to cross-reference either. -- *Midwest Book Review*

Users Review

From reader reviews:

Albert Gilchrist:

As people who live in the modest era should be change about what going on or details even knowledge to make them keep up with the era that is certainly always change and make progress. Some of you maybe will probably update themselves by examining books. It is a good choice for yourself but the problems coming to you actually is you don't know which you should start with. This Foods That Harm, Foods That Heal is our recommendation so you keep up with the world. Why, since this book serves what you want and want in this era.

Linda White:

Hey guys, do you would like to finds a new book to study? May be the book with the title Foods That Harm, Foods That Heal suitable to you? The particular book was written by well known writer in this era. The actual book untitled Foods That Harm, Foods That Healis a single of several books that will everyone read now. That book was inspired many people in the world. When you read this reserve you will enter the new way of measuring that you ever know just before. The author explained their thought in the simple way, therefore all of people can easily to be aware of the core of this e-book. This book will give you a lots of information about this world now. So that you can see the represented of the world in this particular book.

Terrie Newlin:

Reading can called head hangout, why? Because while you are reading a book especially book entitled Foods That Harm, Foods That Heal your mind will drift away trough every dimension, wandering in every aspect that maybe not known for but surely will end up your mind friends. Imaging every word written in a reserve then become one contact form conclusion and explanation in which maybe you never get before. The Foods That Harm, Foods That Heal giving you yet another experience more than blown away your brain but also giving you useful info for your better life on this era. So now let us teach you the relaxing pattern here is your body and mind are going to be pleased when you are finished reading it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

Ian Sharpless:

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