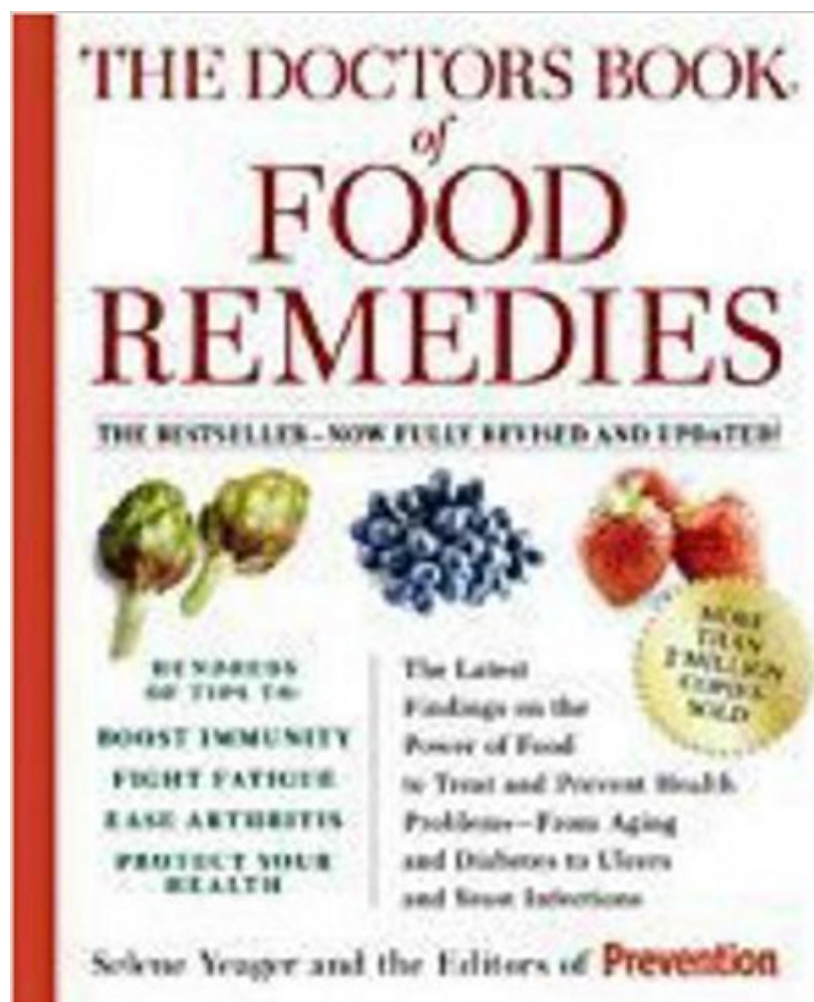


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# The Doctors Book Of Food Remedies: The Latest Findings On The Power Of Food To Treat And Prevent Health Problems - From Aging And Diabetes To Ulcers And Yeast Infections





## Synopsis

In recent years, scientists have discovered thousands of substances in foods that go way beyond vitamins and minerals for pure healing power. The Doctors Book of Food Remedies - by Selene Yeager and the Editors of Prevention Health Books - shows how to use Mother Nature's "healing foods" to lose weight, prevent cancer, reverse heart disease, cleanse arteries, unleash an explosion of new energy, lower cholesterol, look and feel years younger, and much, much more. Here readers will discover how to: -cut the risk of heart attack in half by snacking on nuts -protect against colon cancer by eating grapefruit -cool off hot flashes with flaxseed -heal a wound with honey -fight diabetes with milk -and wine -reduce cholesterol with cinnamon Written in collaboration with the editors of Prevention magazine, one of America's most trusted sources for health information, the book covers 60 different ailments and 97 different healing foods, and offers 100 delicious, nutrient-rich recipes. Newly researched, every entry provides current information and the latest clinical studies from real doctors and nutritionists working in some of the best medical institutions in the United States. --This text refers to an alternate Paperback edition.

## Book Information

Paperback

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Product Dimensions: 7.5 x 2 x 9.2 inches

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Average Customer Review: 4.4 out of 5 stars 121 customer reviews

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## Customer Reviews

"The Doctors Book of Food Remedies" In just the last few years, scientists have found hundreds of substances in foods that go way beyond vitamins and minerals for pure healing power. In "The Doctors Book of Food Remedies," you will learn exactly how to use the "healing foods" to treat and prevent dozens of conditions, from arthritis and fatigue to high blood pressure and stroke. Discover:

- \* A food that can block the harmful effects of secondhand smoke "(page 555)"
- \* How to stop cataracts with the carotenoids in spinach "(page 123)"
- \* A juice that reduces urinary tract infections by 58 percent "(page 545)"
- \* How a substance in grapefruit can help control diabetes "(page 185)"

How to cut your risk of heart disease in half with three simple foods "(page 276)"\* A phytonutrient in buckwheat that prevents cholesterol from sticking to arteries "(page 95)"\* The beverage that can reduce the risk of stroke by 73 percent "(page 511)"\* How to stop an infection with nature's sweetner "(page 290)" Plus, 150 nutrient-rich recipes that are specially designed to fight and reverse specific health problems. --This text refers to an alternate Paperback edition.

SELENE YEAGER is a top-selling author and professional health and fitness writer who lives what she writes as a certified personal trainer, expert-class mountain bike racer, and triathlete. She has authored, co-authored, and contributed to more than two dozen books. She is a contributing editor at Prevention and Scuba Diving magazines and dishes out training advice monthly as Bicycling magazine's "FitChick." She lives in Emmaus, Pennsylvania. --This text refers to an alternate Paperback edition.

Prior to purchasing this book I posted a couple of comments below M. Gouin's three star review (who knocked it because it promotes milk as a healthy food). Now that I have had a chance to look it over I thought I would review it. Over-all I like the book and would recommend it for just about everyone. Each easy to read chapter focuses on one specific food with a recipe at the end of each chapter. I haven't tried the recipes yet, but they look pretty good. There are a lot of health books available offering nutritional information that usually focus on supplements. And while I am a proponent of supplements, this book focuses on the specifics of food sources which should be our primary source of sound nutrition. Man will never be able to extract or create anything as perfectly as nature. That said, I could not give it five stars because it comes from a highly commercialized viewpoint, very typical of Prevention Magazine (the editors of this book). IE: some of the otherwise great-looking recipes promote the use of microwaving - a very poor way to cook foods and one that should be avoided. It lists ingredients such as wheat germ - an old-school 'health food' known to go rancid so quickly that it may cause more problems than it's worth. But this is easy to ignore. The chapter on milk is lacking in any substantive recent research and, while not as old-school as 'milk is the devil' is still quite behind the latest info. (Please see my 2nd post under the comments of M. Gouin's review for details.) Finally, the binding of the book I received was pretty cheap. The covers are thin and curl back away from the pages after only a short time of use. The inside is printed on cheap newsprint with uneven ink distribution (going from normal to very light, page-to-page). Although the ISBN's are identical, apparently I purchased a "discounted" copy (@ \$8.99) so maybe the higher-priced version will be a better quality, and for that reason the number of stars I gave it did

not reflect this. Also worth noting is the description says it was updated in 2008, but the copyright inside the book shows 2007 (and is also reflected on the copyright page of the "look inside" view on the website). Other than this, I still recommend it because it contains a lot of useful information. Another book, perhaps a bit better and with a similar food-focus, is 'Secrets of Longevity: Hundreds of Ways to Live to Be 100' by Dr. Maoshing Ni. Jan, 2011 Update: I returned the softcover edition I mentioned above and replaced it with the hardcover book. The hardcover is pretty good for the \$15 price (Especially when you consider the size of the book!)

This is a thick book which really gets into detail about food choices to make for helping relieve many physical conditions. I didn't check for mental conditions though I'm sure depression made it in there somewhere. I'm diabetic and through the amount of detail in that chapter about diabetes my head is still spinning because this book doesn't skimp on facts. This book isn't written by a quick fix guru at all. You really have to make yourself read what is detailed about any condition you may have in earnest. I'm very positive I'll find something to feel guilty about because I'm not eating something as I should and not doing what the doctor says according to the writers of this book. That's my problem...what's yours ? Whatever it is I'm sure this book will help you with it! This book is definitely worth the money.

Just the kind of reference book I was looking for. I love the index section that gives you easy access to the topic you are looking for. The general nature, but informative, of the book is quite good. I simply want some simple and general explanation on foods and their effects and value in my diet. I would highly recommend this book to anyone that is starting to be serious about what they eat and need a good source that is handy! Glad I made the purchase!!!

This book is very helpful, I wanted to find out what foods I could eat to lower my blood pressure. I read that section, and I began eating the foods that was mentioned. My blood pressure was high and the medication helped very little, and I saw my doctor last month and he told me that if my blood pressure did not go lower, he was going to add another blood pressure medication. So, three days before I went back to see, I took the foods from the book and I made juice with them and I drank it for the three days. When they took my blood pressure the first time, it was 155/98. The nurse let me relax for five minutes, when she took it the second, it drop to 130/ 87, and they said that since it was going down, I could make an appointment in three to four months to see how it's doing. I'm glad I read this book and it prove to me that food could help improve your health and I will continue eating

and making juice from the foods under high blood pressure, so when I make that next appointment I want to see if it has improved more. I have and I will recommend this book to anyone that wants the truth about food remedies.

My grandmother used to always say.. 'Food is Medicine!' I used to be a little snotty nosed sarcastic kid and say 'No grandma, medicine is medicine and food is food!' Yeah.. She was WISE. Many years later I know she is right. Many of our vitamins, phyto-nutrients, anti-oxidants and healing elements are derived from our FOOD.. Food IS medicine! Find out which foods are good for what ails you. Eat lots of raw, natural unprocessed foods. Not a tree-hugger. I am just a guy with a pot-belly learning to eat better at 35+. God provided a medicine cabinet full of nutrients in every meal we have with healthy foods. I am trying to do better!

great reference book

Great suggestions

Thank you!

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