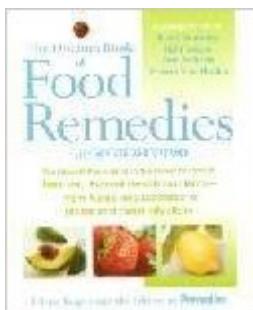


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# The Doctors Book Of Food Remedies: The Newest Discoveries In The Power Of Food To Treat And Prevent Health Problems-From Aging And Diabetes To Ulcers



## **Synopsis**

Eating right to prevent diseases.

## **Book Information**

Hardcover: 707 pages

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## **Customer Reviews**

Eating right to prevent diseases.

The book has a lot of useful information. I used to harvest herbs, and medicinal roots, and study their uses. My wife was a professional cook, and dietitian. With the knowledge we both possess and what we have learned from this book it has helped to put some of pieces together. have not read all of it yet. But would still recommend it to anyone interested in healthier living, and alternative means to a better life. Always keep you physician in the loop as to what you are doing. If you and your doctor see the results together. You may both get an education. You can also stay on top of reactions, both good and bad. Everyone reacts differently to different things. Give this book a try. Worth every penny.

This book contains information on how to treat and prevent many common illnesses using foods that are very common to using foods I did not even know existed. I have used this book along with the natural healing guides I pick up at my local health food store to boost my families immune systems and alter my families diets and I have been quite pleased with the results. This last winter myself and my family avoided stomach bugs, flu (even H1N1 without vaccines) and the duration of

colds were significantly less compared to a week or months. Please be advised that this book does not take the place of medical attention if it is needed, but it is a great book to reference if you need tips on how to treat and ease the discomfort of common illnesses or you are looking to alter your entire lifestyle. The layout of the book is awesome. I found it to be very informative, quick to reference, and easy to read and understand. Overall, this book is just a great read and definitely one to add to your home library no matter what your intentions are.

Could have explained more

Doctor's Book of Food Remedies this is a very educational book about what could help you with certain problems we have during a life time i will always keep this book close at hand for any problems or diseases i might get or my family to see what we can eat to get rid or help the problems instead of getting another pill to cure i am very pleased with this book it was used but in great condition

Love it!

I purchased this book in hopes of obtaining good information regarding menopause. I was sorely disappointed. This book lacked any good information.

I haven't read the whole book yet, but the parts that I checked out were disappointing. There is nothing in this book that's not well known, or easily found on the internet sites for home remedies. I expected more specific, measurable, and new information, no such luck. It's good reading if you don't like internet searching.

Didn't watch this one.

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