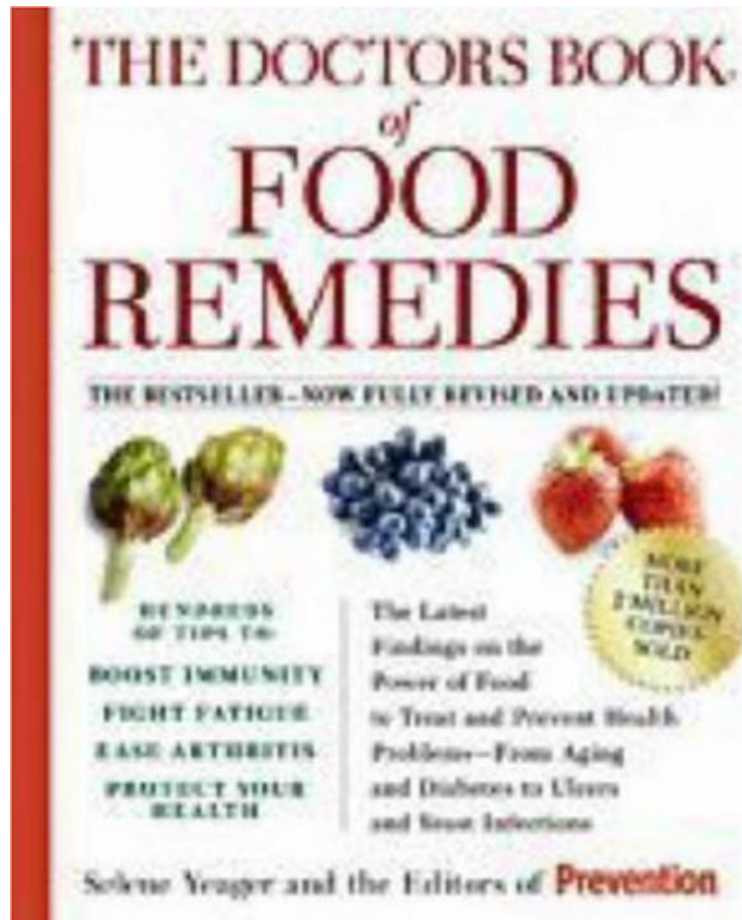


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In recent years, scientists have discovered thousands of substances in foods that go way beyond vitamins and minerals for pure healing power. The Doctors Book of Food Remedies - by Selene Yeager and the Editors of Prevention Health

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.