



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

Selene Yeager

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This book has the newest discoveries in the power of food to cure and prevent health problems from aging and diabetes to ulcers and yeast infections. Also contains hundreds of tips to boost immunity, fight fatigue, ease arthritis and protect your heart. This book can teach you exactly how to use the healing foods to treat and prevent hundreds of conditions. Included inside is at least 150 nutrient rich recipes that are specially designed to fight and reverse specific health problems.

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