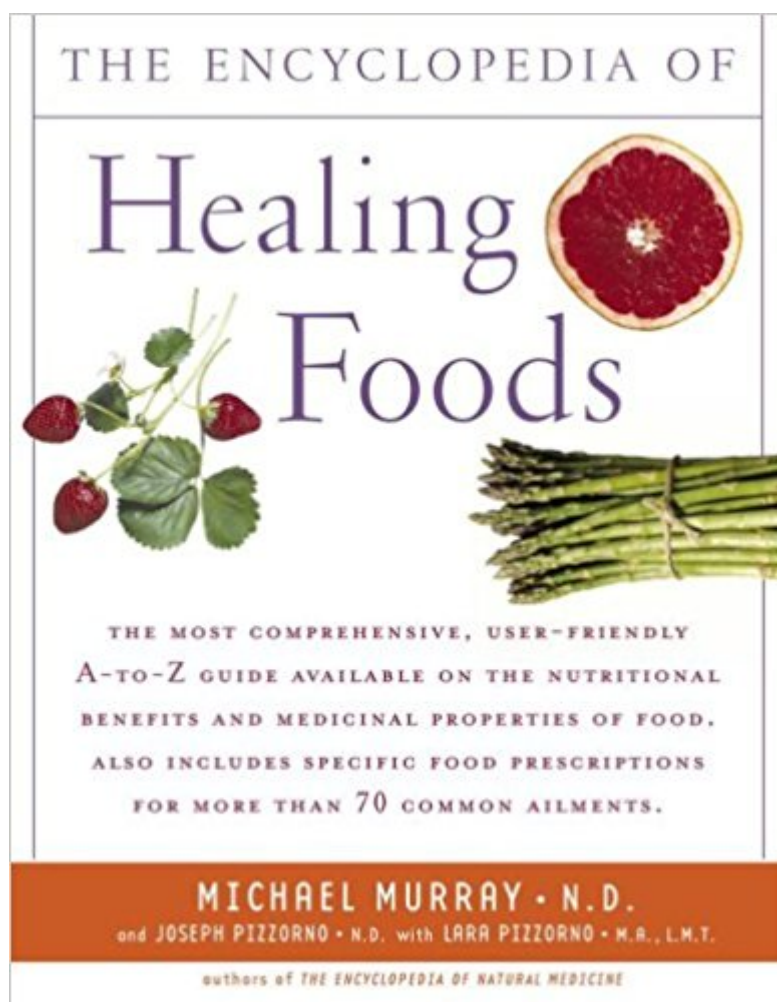


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# Encyclopedia Of Healing Foods



## Synopsis

From the bestselling authors of *The Encyclopedia of Natural Medicine*, the most comprehensive and practical guide available to the nutritional benefits and medicinal properties of virtually everything edible. As countless studies have affirmed, diet plays a major role in both provoking and preventing a wide range of diseases. But just what is a healthy diet? What does the body need to stay strong and get well? In *The Encyclopedia of Healing Foods*, Michael T. Murray, N.D., and Joseph Pizzorno, N.D., two of the world's foremost authorities on nutrition and wellness, draw on an abundant harvest of research to present the best guide available to healthy eating. Make healthy eating a lifetime habit. Let *The Encyclopedia of Healing Foods* teach you how to:

- design a safe diet
- use foods to stimulate the body's natural ability to rejuvenate and heal
- discover the role that fiber, enzymes, fatty acids, and other dietary components
- have in helping us live healthfully
- understand which food prescriptions will help you safely treat more than 70 specific ailments, including acne, Alzheimer's disease, immune system depression, insomnia, migraine headaches, PMS, and rheumatoid arthritis
- prepare foods safely in order to prevent illness and maximize health benefits
- select, store, and prepare all kinds of healthful foods

Providing the best natural remedies for everyday aches and pains, as well as potent protection against serious diseases, *The Encyclopedia of Healing Foods* is a required daily health reference.

## Book Information

Paperback: 912 pages

Publisher: Atria Books; 1 edition (September 20, 2005)

Language: English

ISBN-10: 074348052X

ISBN-13: 978-0743480529

Product Dimensions: 7.4 x 1.8 x 9.2 inches

Shipping Weight: 3.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars See all reviews (110 customer reviews)

Best Sellers Rank: #22,091 in Books (See Top 100 in Books) #20 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #31 in Books > Health, Fitness & Dieting > Reference #120 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

"Let food be your medicine and medicine be your food." I heard Dr. David Perlmutter quote that on PBS. I've been flipping through it and found this Encyclopedia to be very helpful for that goal. I will

be looking for a new edition to send a relative as a gift. The book is flawed: the Index is incomplete.1. The book is about "Foods", right? I looked up Persimmons because in my mind they mysteriously helped me feel better, I even slept better - they are available only in November -- Nothing in the Index.2. I looked up "Digestion" in the INDEX and found Nothing. (Again, this is a book about Food.) However, as I flipped through the book I did find a nice section on Digestion.3. I found Amazing insights on Green Teas (which I had thought was a fad, I don't enjoy it), and Gluten. I found fascinating information on certain essential oils, and how to store certain greens and fruits and herbs.4. I looked up "Endives" -- is it a lettuce, a stalk-like veggie, a tuber? You won't see a drawing or photo of this veggie, but you WILL see outstanding nutritional information, and guidelines you need for eating it.5. Is it true, as some doctor had said, that Broccoli and Cauliflower are not foods of Nature, but hybrids? NO it's not. Broccoli's been talked about for 2,000 years.6. I was wondering, WHY does he have Herpes in here? There is a definite "Food Prescription" for Herpes Simplex.7. AND FINALLY an explanation of "acidity/alkalinity" [CRITICAL to Health]!! As in, Why aren't Lemons High on the Acidity index??8. I didn't see Hemp Oil.9. Iron is fairly difficult to get. Selenium is VERY important (Two words: Brazil nuts). Fresh Oysters contain an astounding amount of Zinc.10. Who knew this?

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