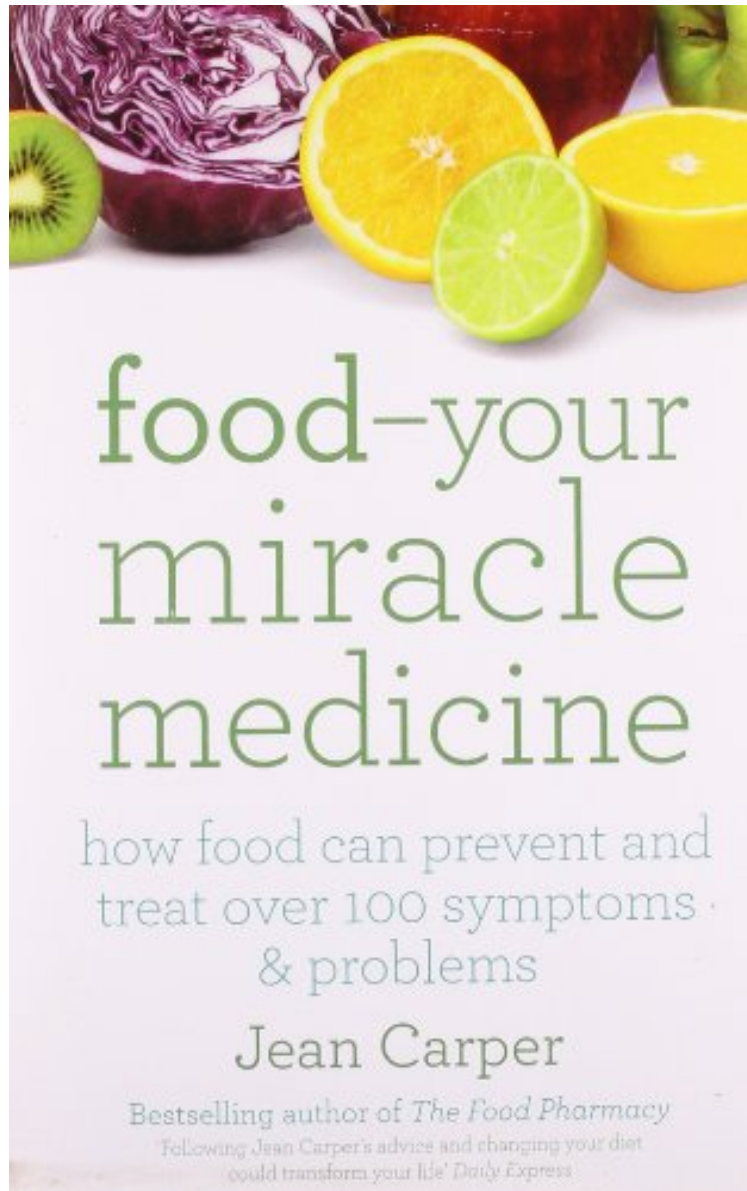


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## Food Your Miracle Medicine: How Food Can Prevent And Treat Over 100 Symptoms Problems

Jean Carper

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**Jean Carper : Food Your Miracle Medicine: How Food Can Prevent And Treat Over 100 Symptoms Problems** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Food Your Miracle Medicine: How Food Can Prevent And Treat Over 100 Symptoms Problems:

0 of 0 people found the following review helpful. Excellent BookBy CharFood Your Miracle Medicine by Jean Carper is an excellent book. It is filled with results of studies around the world on foods and how they affect health. I already have my own copy of this book and I purchased 3 more for some close friends. My sister also already has one book and later purchased another book for her adult daughter. I appreciate the way the author made it easy to look up information, even if it is on one food or a health subject. Also she made it easy to find out individual foods' pros and cons affecting your health. The purchase of the 3 books was an purchase. I had checked at several book stores without success before I tried , and made it easy to search vendors for this book. I wish I could have purchased all three from the same vendor, but that is OK, as the end result is I ended up with three more books and received them in a timely manner. I hope my friends enjoy Jean's book as much as I do.Thank you.0 of 0 people found the following review helpful. Want to be healthy? Read this bookBy LacyWonderful book of information on how eating the right foods can keep you healthy. Well organized, you can go to the section where you have concerns about particular health issues, and the list of foods is right there. No guesswork, practical information for the person who wants to take control of their health. Even though this book first came out in 1993, the information it contains is still beneficial and current for today. I highly recommend it!1 of 1 people found the following review helpful. JEAN CARPER IS A GIFT TO HUMANITYBy Stella ZedalisThoroughly researched material; written in a style understood by all. This speaks volumes to switch to a plant based diet with added omega 3 fish. It is surprising to see that the United States ranks 35th in life span per country as reported by theWorld Health Organization. Monaco's overall lifespan is 87.2; Japan 84.6. Even Slovenia has a better lifespan than the USA. We have an overall lifespan of 79.8 (men=77.4 and women=81.3).

FOOD YOUR MIRACLE MEDICINE is for everyone. Jean Carper first told us about the potential of food to prevent and treat numerous diseases in her book THE FOOD PHARMACY and went one stage further in THE FOOD PHARMACY COOKBOOK. But it is with FOOD YOUR MIRACLE MEDICINE that Jean Carper has made a quantum leap in her revelations about the power of food. Over 100 symptoms and conditions from a minor stuffy nose to a potentially fatal cancer are dealt with in this complete, easy to follow, A-Z self-help guide.

.com Did you know that fish oil and collard greens block breast cancer? Brazil nuts can improve your mood? That contrary to popular belief, sugar actually mellows out most people? Carper's collection of culinary medicine is astounding. Based on research culled from prestigious scientific institutes around the world, Carper reports on what you ought and oughtn't to eat for ailments ranging from heart disease to cancer, strokes to depression and anxiety. It's pleasant to think of health as taking place in your kitchen instead of the doctor's office or hospital.From Publishers WeeklyColumnist Carper ( Jean Carper's Total Nutrition Guide ) here provides preventive and antidotal foods for innumerable ailments: colic, gas, gallstones, cancer, ulcers, colds, asthma, osteoporosis and even headaches. Organized to be thumbed through readily, the book carries many catchy subheads jauntily: under "Coffee Calamity," readers will find the warning that caffeine may worsen gallstones; under "Milk Gone Sour," we learn that diarrhea can be an allergic reaction to cow's milk. Besides its practical applications, the book is interesting just for its facts, some familiar, some not: red wine, chocolate, cured meats, MSG, and even fava beans may spur headaches; tomatoes and other nightshade vegetables, some believe, bring on arthritis. And nursing mothers who consume garlic before feeding time will induce their infants to drink longer and better. Copyright 1993 Reed Business Information, Inc. Full of amazing facts and advice. The best of all the books on the diet -- health connection by a long shot, "Food -- Your Miricle Medicine" is everybody's passport to health." -- John Naisbielt, author of "Megatrends"