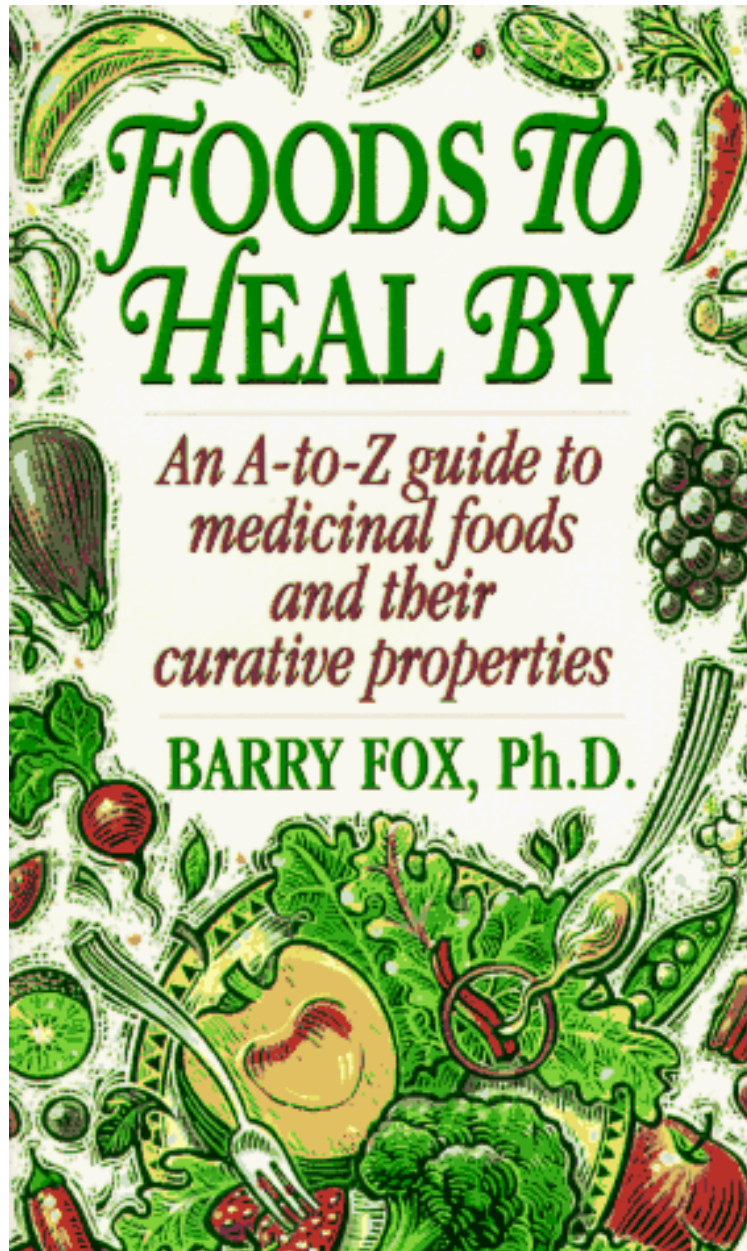


# Foods To Heal By: An A-to-Z Guide To Medicinal Foods And Their Curative Properties

Barry Fox, Arnold Fox

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Barry Fox, Arnold Fox : Foods To Heal By: An A-to-Z Guide To Medicinal Foods And Their Curative Properties before purchasing it in order to gauge whether or not it would be worth my time, and all praised Foods To

## Heal By: An A-to-Z Guide To Medicinal Foods And Their Curative Properties:

3 of 3 people found the following review helpful. Excellent and resourceful guide  
By A Customer  
What this book discusses about:  
Chapter 1 Fighting Disease with Food  
Chapter 2 What Vitamins Do for You---Lists which type of food is high in that vitamin  
Chapter 3 What Minerals Do for You---Lists which type of food is high in that mineral  
Chapter 4 The Healing Powers of Phytochemicals---Explains the different types of phytochemicals found in food  
Chapter 5 Natural Healing with Foods, A to Z  
While this book was published in 1994, I still find myself using this book as a reference. For each food listed, it lists the nutritional benefits and nutritional value.

Get the latest nutrition advice on foods you can eat to help prevent disease and promote well-being. One of today's leading nutrition experts reveals a cornucopia of delicious fruits and vegetables, whole grains and legumes, lean meats and dairy products, which can help you fight disease and increase your quality of life.\* Learn about the powerful cancer "crucifer" family, which includes broccoli, cabbage, cauliflower, and kale\* Discover the magical healing properties of beta carotene, biotin, chromium, and omega-3\* Uncover the warning signs of vitamin and mineral deficiencies that can lead to disease\* Discover the specific foods you need to help prevent heart disease, PMS, diabetes, high blood pressure, and cancer\* Lower cholesterol, minimize acne, alleviate constipation, and decrease stress through specific foods\* Read about the newly discovered healing miracles in foods-- phytochemicals\* Plus an A-to-Z guide to every essential vitamin and mineral  
Includes an easy-to-read guide to the calorie, fat, fiber, vitamin and mineral content of every food discussed.

The latest nutrition advice on foods which help prevent disease is packed into a fine title which covers everything from cancer diets to the healing properties of vitamins, minerals and natural foods. An excellent A-Z guide to medicinal foods and their applications. -- Midwest Book  
About the Author  
Barry Fox is a bestselling author of numerous health books. He is also a contributing editor to Let's Live Magazine and executive editor of the Business Report. A noted inspirational and motivational speaker, Dr. Fox has appeared on television and radio shows across the country.  
Arnold Fox, M.D., is a practicing physician in Beverly Hills, California, with over forty years' experience in the front lines of crisis medicine. Currently an Adjunct Professor at the University of the Pacific, Dr. Fox has also taught at the University of California at Irvine/California College of Medicine, and has served on the Los Angeles County Supervisor's Task Force on Nutrition. Dr. Fox currently hosts his own weekly call-in health program at KBRT radio in Southern California.