



## The Encyclopedia of Healing Foods

By Michael T. Murray

Atria Books. Paperback. Book Condition: New. Paperback. 912 pages. Dimensions: 9.1in. x 7.4in. x 1.8in. 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 worlds 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 bodys 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, Alzheimers disease, immune system depression, insomnia, migraine headaches, PMS, and...



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