



Giant Book of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion and ... Problems! (Jerry Baker Good Health series)

Karen Cicero, Colleen Pierre MS RD

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The healing powers of favorite foods are leveraged in the recipes and cooking tips in this guide to using food to alleviate serious diseases and common ailments. Fighting colon cancer with cheese, preventing heart disease with green beans and chocolate, and curing urinary tract infections with blueberries are examples of the preventative measures and homemade cures that will help readers slash medical expenses and minimize doctor visits. Shopping advice and menu recommendations are provided that offer healthy, nutritional meals designed for sufferers of specific diseases.

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