



Foods That Harm, Foods That Heal

Editors of Reader's Digest

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Over 7 million copies of the original book have been sold worldwide and with growing health problems, an aging population, and the rising cost of healthcare, it's more important than ever to know how to avoid and treat problems through the foods we eat. Totally revised and updated with the latest scientific findings and time-honored natural remedies, *FOODS THAT HARM, FOODS THAT HEAL*-now with a redesigned cover-offers important information about the role diet plays in the struggle against heart disease, cancer, diabetes, and other serious illnesses, as well as the impact of food on stress, insomnia, and other common complaints.

Presented are 92 ailment entries that address each condition's symptoms and causes and connects the ailment to foods that help or harm. There are 142 food entries from apples to zucchini, including fast food, additives, and more-you can look up any food and find out its benefits, what it may heal, or how it may harm.

The first edition changed the way we view food and its impact on our bodies, highlighting the benefits of food. Food alone is the only source that delivers the nutrients we need to stay healthy; no supplement, vitamin, mineral, or herb can replace this critical necessity of life.

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Ivan Caputo:

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Bobby Hanke:

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Therese Webb:

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