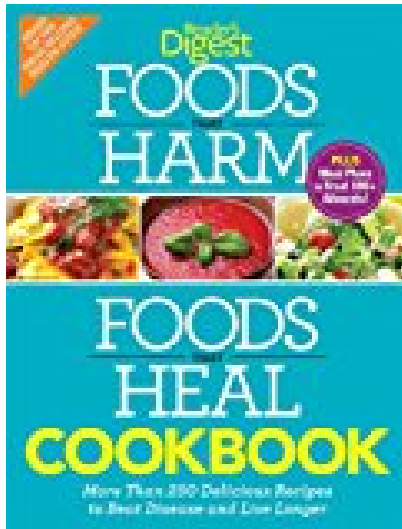


# Foods that Harm and Foods that Heal Cookbook 250 Delicious Recipes to Beat Disease and Live Longer

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## BOOK DETAILS

- Author : Editors of Readers Digest
- Pages : 384 Pages
- Publisher : Readers Digest
- Language : English
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## **BOOK SYNOPSIS**

This bestselling title is the definitive A-Z guide to safe and healthy eating. Calling on the wisdom of more than 300 nutrition experts, the book shows how minor changes to your eating habits can lead to major changes in your quality of life. Look up an ailment and find out which foods help and which harm.

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