



## Food For Health: The Essential Guide

By Sara Kirkham

Need2Know. Paperback. Book Condition: new. BRAND NEW, Food For Health: The Essential Guide, Sara Kirkham, We constantly hear about superfoods, antioxidants, supplements and the health benefits of different ways of eating, but can a healthy, nutritious diet really help prevent or alleviate disease? And how do you know which foods are the right ones to eat? Food for Health The Essential Guide is the ultimate nutritional guide to self-sufficient health and wellbeing; it shows you how to look after your health using everyday foods. Change as much or as little as you like make simple dietary changes to increase your intake of certain food nutrients, or follow one of the therapeutic eating plans. Whether you want to reduce the risk of inherited family illnesses such as arthritis or diabetes, improve existing health conditions such as high cholesterol, or follow a therapeutic diet to improve skin conditions, IBS or PMS, this book provides the know how. If you have an interest in taking greater control of your health and wellbeing, this book will encourage and enable you to become your own food doctor.



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