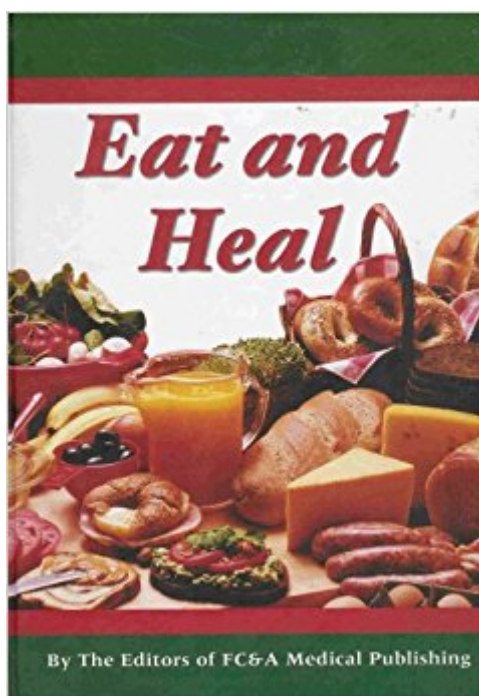


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# Eat And Heal (Foods That Can Prevent Or Cure Many Common Ailments)



## Synopsis

Great news! Delicious foods you already love to eat can prevent - and even help cure - many common ailments, including heart disease, cancer, diabetes and arthritis. In FC&A's book that has already sold over 700,000 copies, you'll find over 300 pages of foods that are loaded with the vitamins, minerals and nutrients that scientists say prevent aging and disease. Plus, when you look up your health concern alphabetically, you'll discover exactly which favorite foods can help you feel better - and why! Foods like strawberries (helps prevent cancer and enhances your memory), green tea (fights infections and strengthens bones)... even honey (alleviates allergies and heals wounds). Get this book and start eating your way to better health today!

## Book Information

Hardcover: 384 pages

Publisher: FC&A Medical Publishing (2004)

Language: English

ASIN: B000PQV15M

Package Dimensions: 9.4 x 6.5 x 1.2 inches

Shipping Weight: 1.8 pounds

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #322,258 in Books (See Top 100 in Books) #33 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#)

## Customer Reviews

Great news! Delicious foods you already love to eat can prevent - and even help cure - many common ailments, including heart disease, cancer, diabetes and arthritis. In FC&A's book that has already sold over 700,000 copies, you'll find over 300 pages of foods that are loaded with the vitamins, minerals and nutrients that scientists say prevent aging and disease. Plus, when you look up your health concern alphabetically, you'll discover exactly which favorite foods can help you feel better - and why! Foods like strawberries (helps prevent cancer and enhances your memory), green tea (fights infections and strengthens bones)... even honey (alleviates allergies and heals wounds). Get this book and start eating your way to better health today!

Great product

thank you

## THE BOOKS THAT I ORDERED I WAS VERY HAPPY WITH

This book is a household must have.

This is the book all should own including doctors. When you need to avoid toxic scrips or just supplement with foods that heal, this book has it all. Out smart you doctor, family, and friends when you want the simple cure to common ailments and diseases.

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