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OF
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In just the last few years, scientists have found hundreds of substances in foods that go way beyond vitamins and minerals for pure healing power. In *The Doctors Book of Food Remedies*, you will learn exactly how to use the "healing foods" to treat and prevent dozens of conditions, from arthritis and fatigue to high blood pressure and stroke.



Discover:

- A food that can block the harmful effects of secondhand smoke (page 555)
- How to stop cataracts with the carotenoids in spinach (page 123)
- A juice that reduces urinary tract infections by 58 percent (page 545)
- How a substance in grapefruit can help control diabetes (page 185)
- How to cut your risk of heart disease in half with three simple foods (page 276)
- A phytonutrient in buckwheat that prevents cholesterol from sticking to arteries (page 95)
- The beverage that can reduce the risk of stroke by 73 percent (page 511)
- How to stop an infection with nature's sweetener (page 290)

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