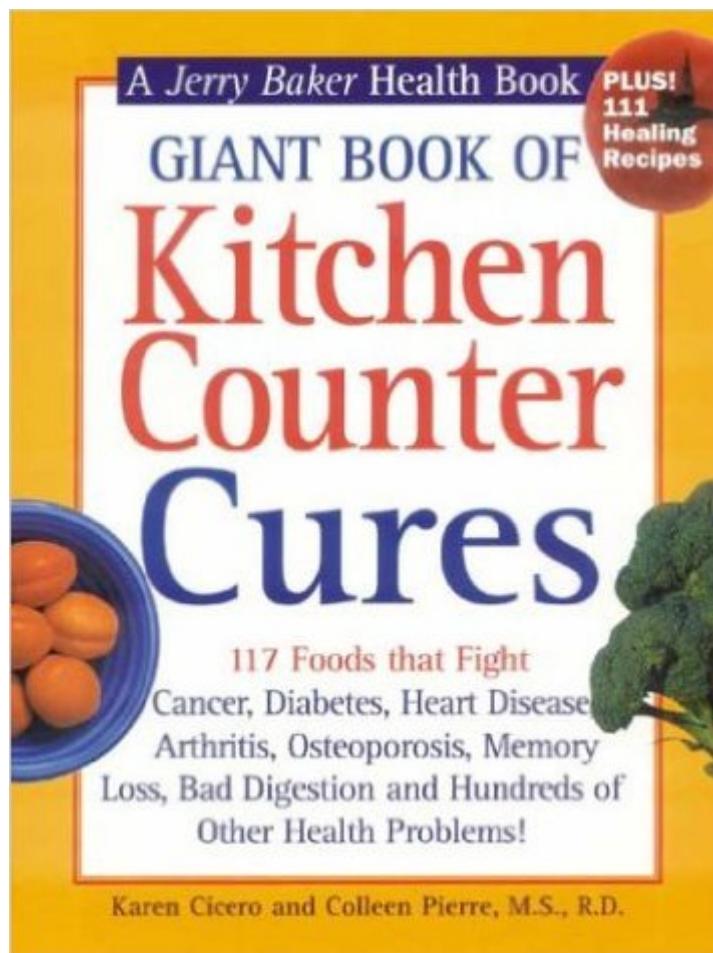


The book was found

Giant Book Of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion And ... Problems! (Jerry Baker Good Health Series)



Synopsis

The healing powers of favorite foods are leveraged in the recipes and cooking tips in this guide to using food to alleviate serious diseases and common ailments. Fighting colon cancer with cheese, preventing heart disease with green beans and chocolate, and curing urinary tract infections with blueberries are examples of the preventative measures and homemade cures that will help readers slash medical expenses and minimize doctor visits. Shopping advice and menu recommendations are provided that offer healthy, nutritional meals designed for sufferers of specific diseases.

Book Information

Series: Jerry Baker Good Health series

Hardcover: 496 pages

Publisher: American Master Products, Inc.; First Edition edition (2001)

Language: English

ISBN-10: 0922433410

ISBN-13: 978-0922433414

Product Dimensions: 7.2 x 1.2 x 9.2 inches

Shipping Weight: 2.2 pounds

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (65 customer reviews)

Best Sellers Rank: #101,530 in Books (See Top 100 in Books) #18 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis #98 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #1022 in Books > Health, Fitness & Dieting > Nutrition

Customer Reviews

Five HEALTHFUL Stars!! In this great compendium Jerry Baker's expert nutrition team, Karen Cicero and Colleen Pierre, shows that many foods can not only taste good and be the source of healthful nutrients, but have healing powers that many of us may not be aware of and can apply in specific cases of need. In an age when we hear so many individual news stories on the benefits of a particular food, it's hard to remember them over time. Now we have one place to look for many common foods available to us all that pack a nutritional punch and HEAL. Not exhaustive to be sure, but a great reference book nonetheless that outlines common foods that it claims can fight cancer, diabetes, high blood pressure, stroke, osteoporosis, memory loss, etc. And the benefit cited in most of the listed foods is the #1 killer in the US: heart disease. This book is practically a summary of the healing powers and cures of a wide variety of specifically targeted foods. In addition, there is a "Shop and Serve Solutions" area for each food with tips on selecting, storing, and preparing them.

And there are 111 easy-to-prepare healthful healing recipes. It also has great tables comparing the benefits of the various types of berries, another table on the benefits of various types of beans, and yet another on the various types of oils. I know that a well-known health newsletter held a "Healthiest Vegetable" contest and their tests revealed the "Sweet Potato" (no skin) is the king of veggies, so I checked for it first and it's here, along with a great 'sweet potato fries' recipe. Incidentally, "Raw Carrots" and "Cooked Carrots" (yes, listed separately) come in second & third respectively among veggies and they are likewise listed with a really simple "Sugar Baby Carrots" recipe.

[Download to continue reading...](#)

Giant Book of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion and ... Problems! (Jerry Baker Good Health series) Cancer: Cancer Cure: Natural Cancer Cures And Chemo Alternatives (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention,Colon Cancer) Osteoporosis: Osteoporosis Guide To Reducing Osteoporosis Pain And Symptoms Related To Osteoporosis Including Strategies For Managing Osteoporosis, Living ... Osteoporosis (Osteoporosis Prevention) Jerry Baker's Bug Off!: 2,193 Super Secrets for Battling Bad Bugs, Outfoxing Crafty Critters, Evicting Voracious Varmints and Much More! (Jerry Baker Good Gardening series) Arthritis: Arthritis Relief for Osteoarthritis, Rheumatoid Arthritis, Gout, Psoriatic Arthritis, and Juvenile Arthritis. Follow The Arthritis Diet, Cure and Treatment Free Yourself From The Pain Cancer: Coping With Cancer: Controlling and Understanding Emotions of Cancer (Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung Cancer,Cancer Diet,Preventing Cancer,Cancer Prevention,Cancer Cure) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Outsmart Cancer: The Proven Cure For Beating Cancer With Healthy Nutrition And Vitamin B17 (Cancer,Cancer Cure,Cancer Diet,Coping With Cancer,Cancer Books,Breast Cancer,Lung Cancer,Cancer Prevention) Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) Diabetes: Reverse Diabetes: How to reverse diabetes and manage type 2 diabetes, type 1 diabetes and gestational diabetes (Diabetes, Type 2 diabetes, Type ... sugar, diabetic recipes, what is diabetes) Diabetes Diet: The Ultimate Diabetic Diet Plan, How To Lose Weight, Prevent And Cure Type 2 Diabetes (Diabetes, Diabetes Diet, Diabetes Diet Plan,Diabetes

... Diabetes, Type 2 Diabetes Diet Book Book 1) Diabetes: Diabetes Diet: 3 Steps to Cure Diabetes The Ultimate Guide with the Top Foods to Restoring Blood Sugar (diabetes,type 2 diabetes,diabetes symptoms,type ... diet,glucose,type 2 diabetes symptoms) Diabetes Diet:: Lower Your Blood Sugar Naturally (Diabetes Diet, Diabetes for Dummies, Diabetes Cookbooks Free, Diabetes Type 2, Diabetes Destroyer, Diabetes Solution, Diabetes Cure) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) Diabetes: How To Reverse Diabetes (Diabetes Diet, Diabetes Cure, Insulin, Type 1 Diabetes, Type 2 Diabetes, Diabetes free, Reversing Diabetes) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Program 120 Male Handbook A: Guide to Prevent Heart Attack, Stroke, Cancer, Prostate Cancer, Colon Cancer, Lung Cancer, Diabetes, Osteoporosis, Dementia, ... Medicine Patient Handbook for Males) The Type 2 Diabetes Cure - How to Reverse Diabetes Naturally and Enjoy Healthy Living for Life (Reverse Diabetes, Diabetes, Type 2 Diabetes, Diabetes Diet, ... Solution, Type 2 Diabetes Cookbook, Book 1) Diabetes: Diabetes Black Book: Reverse Diabetes Forever With 25 Superfoods (Reverse Diabetes, Diabetes Diet, Diabetes Cure, Insulin, Diabetes recipes)

[Dmca](#)