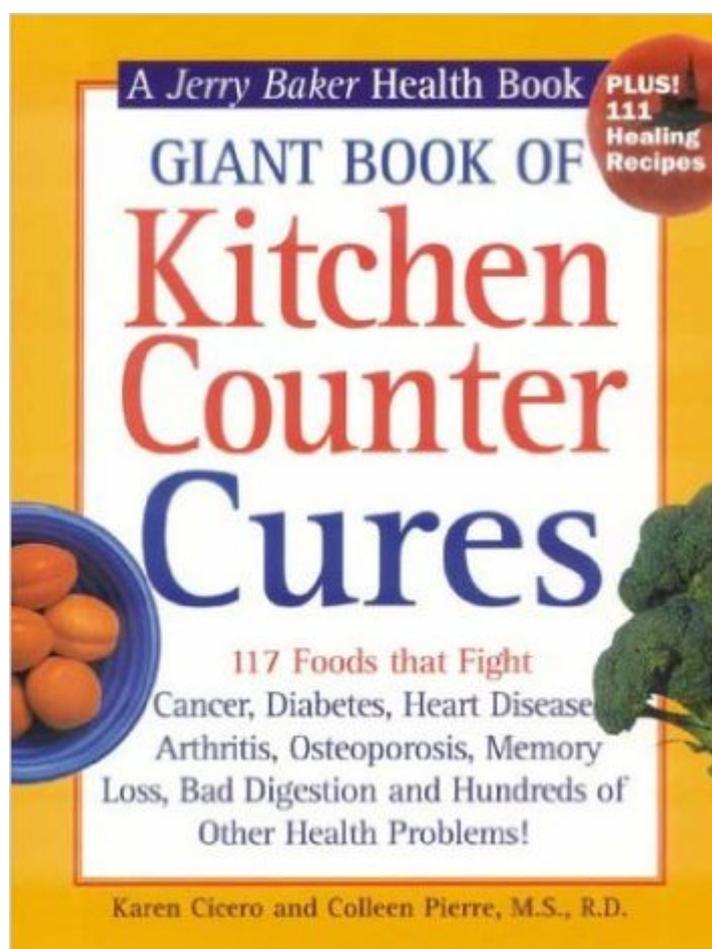


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# Giant Book Of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion And ... Problems! (Jerry Baker Good Health Series)



## 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

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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.

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