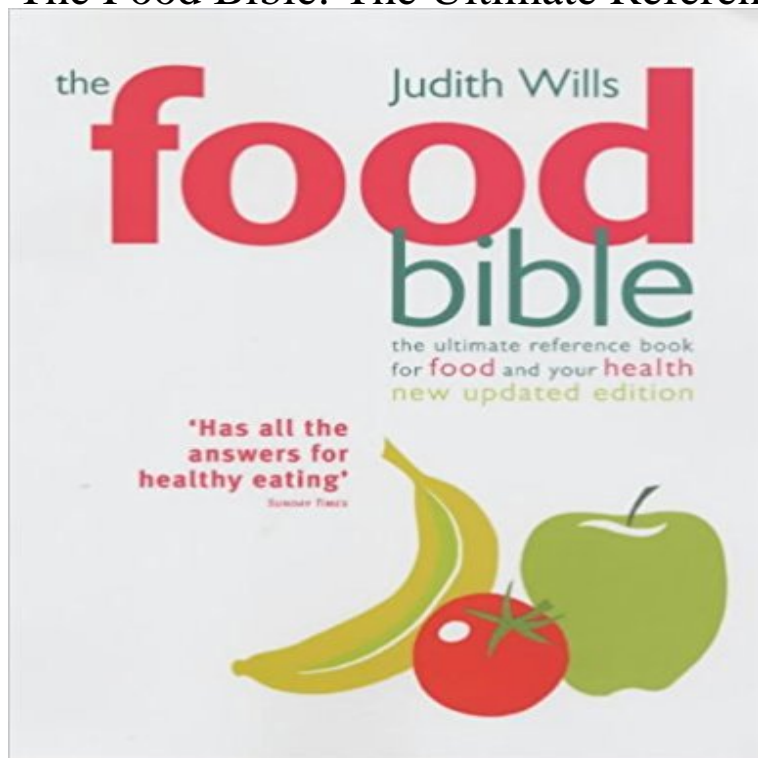


The Food Bible: The Ultimate Reference Book for Food and Your Health



This updated edition is a guide to food and nutrition for the 21st century and contains research from authorities on many aspects of food and diet. Topics covered in the book include: how to construct a balanced diet; the superfoods which can protect against long-term illness; 80 ailments caused or cured by diet; what to eat at different times of your life; the facts about GM and organic food production; research on food allergies; the healthiest cooking methods; and how to slim safely.

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