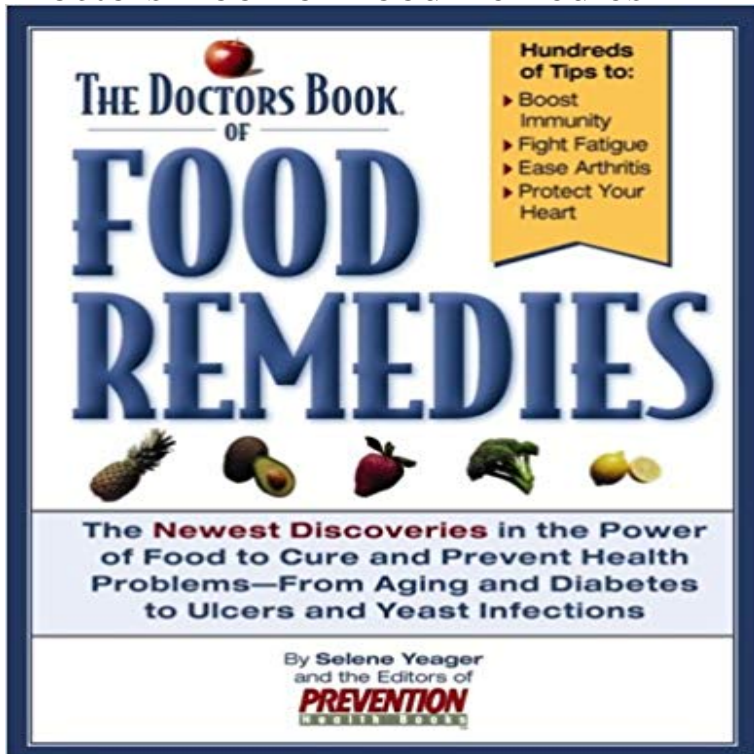


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In just the last few years, scientists have found hundreds of substances in foods that go way beyond vitamins and minerals for pure healing power. In *The Doctors Book of Food Remedies*, you will learn exactly how to use the healing foods to treat 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) Plus, 150 nutrient-rich recipes that are specially designed to fight and reverse specific health problems.

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