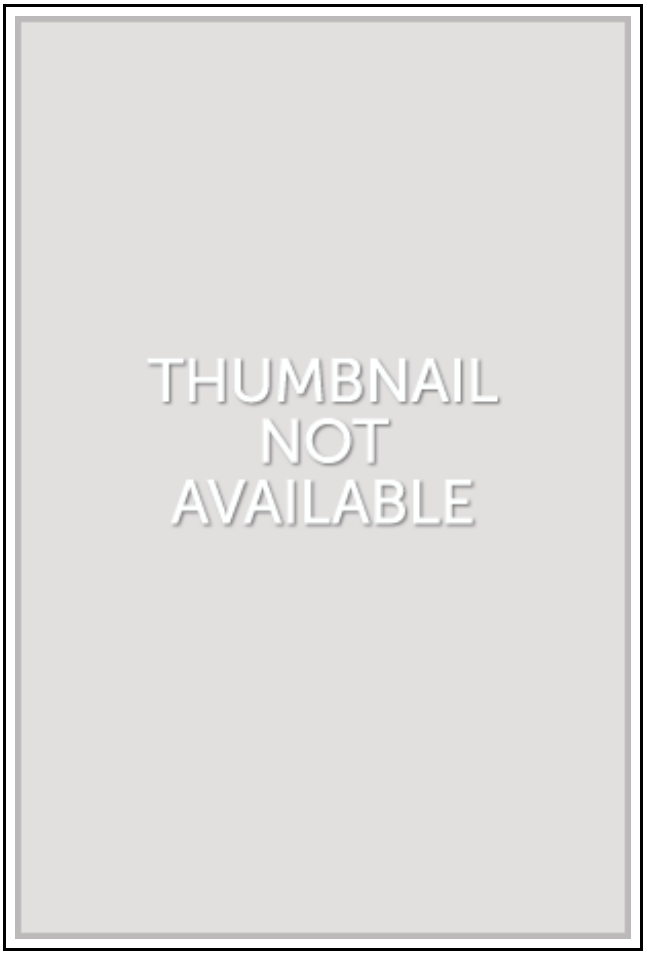
An A-Z Guide to Healing Foods: A Shopper's Companion



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Conari Press,U.S. Paperback. Book Condition: new. BRAND NEW, An A-Z Guide to Healing Foods: A Shopper's Companion, Elise Marie Collins, Filled with science, natural remedies, and modern wisdom, this handy reference is needed by anyone confused by all the claims of superfoods or who wants to make an informed decision about what foods are best for them. Yoga instructor, nutrition expert, and active mother Elise Collins has compiled a comprehensive list of healing foods, their vitamin and mineral content, and what they do to promote health, prevent disease, and decrease symptoms of illness. Arranged alphabetically and complete with a cross-reference for what's best to eat to treat specific ailments, this guidebook to nutrition is designed to be as convenient as a shopping list. Included are preparation tips and recipes that make this the ultimate tool for joyful eating and radiant health. "The A-Z Guide to Healing Foods" inspires the reader to explore, prepare, procure, grow, taste, savour, and above all, enjoy healing foods. This guide will steer readers toward fabulous foods that foster an overall sense of well-being.

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