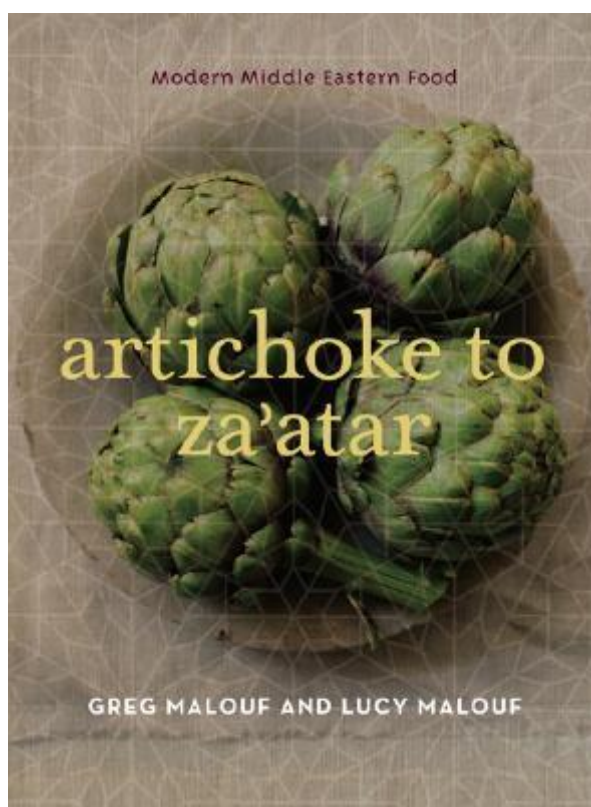
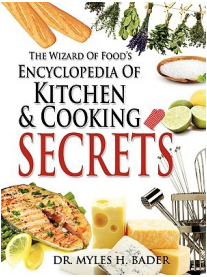
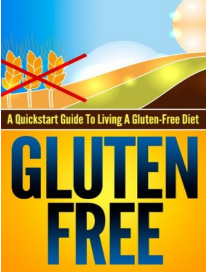


## ARTICHOKE TO ZA'ATAR: MODERN MIDDLE EASTERN FOOD



Are you looking for artichoke to za'atar: modern middle eastern food by greg malouf this richly illustrated book offers a comprehensive collection of 170 recipes, organized alphabetically according to ingredients widely used in middle eastern cooking. written by award-winning chef greg malouf and his writing partner, lucy malouf, artichoke to za'atar covers everything from the basics—almonds, lemons, and yogurt—to less widely known components such as pomegranates, rose water, and sumac. a brief description and history of each ingredient is provided, along with invaluable tips on how to select, prepare, and cook it. originally published in 1999 as arabesque, this book has earned international acclaim as the ultimate guide to modern middle eastern cuisine by a chef who is considered a master of the genre. artichoke to za'atar is a volume to read, use, and treasure—a must for anyone interested in creative cooking and culinary history. now available in north america for the first time. ...more

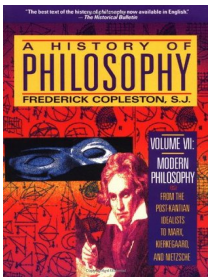
Cover	Title & Description	Status
	<p><b>THE WIZARD OF FOOD'S ENCYCLOPEDIA OF KITCHEN &amp; COOKING SECRETS</b></p> <p>this is not a cookbook! this food encyclopedia is the number one kitchen and cooking reference book in the united states and canada and has sold over 3 million copies. the book contains thousands of food secrets from chefs and grandmothers worldwide; you don't want to cook or bake any food before looking inside to see what fact or tip may make the dish perfect. it took ove this is not a cookbook! this food encyclopedia is the number one kitchen and cooking reference book in the united states and canada and has sold over 3 million copies. the book contains thousands of food secrets from chefs and grandmothers worldwide; you don't want to cook or bake any food before looking inside to see what fact or tip may make the dish perfect. it took over 19 years to compile all the secrets in the wizard of food's encyclopedia, most of which will not be found in any other book. why you need to know the age of an egg when baking why you need to put wine corks in your beef stew the reason cottage cheese is stored upside down how to choose a steak by looking at the color of the fat how to de-gas beans why you cook a turkey upside down why you never put cold butter in a microwave how to fry foods without the foods absorbing a lot of fat how to preserve fresh herbs with your breath publisher's website: <a href="http://www.strategicpublishinggroup.com/titl...">www.strategicpublishinggroup.com/titl...</a> .more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>GLUTEN-FREE: A QUICKSTART GUIDE TO LIVING A GLUTEN-FREE DIET (GLUTEN-FREE, WHEAT-FREE, WHEAT-FREE DIET, GLUTEN FREE DIET, GLUTEN FREE FOOD, GLUTEN-FREE RECIPES, WHEAT BELLY)</b></p> <p>gluten-free: a quickstart guide to living a gluten-free diet is gluten free for me? lady gaga, miley cyrus, drew bree, and chelsea clinton are all doing it ... people are talking about the gluten-free diet everywhere you go and even some of your favorite restaurants are now offering a separate gluten-free menu. what's it all about? is this for you? if you haven't been feel gluten-free: a quickstart guide to living a gluten-free diet is gluten free for me? lady gaga, miley cyrus, drew bree, and chelsea clinton are all doing it ... people are talking about the gluten-free diet everywhere you go and even some of your favorite restaurants are now offering a separate gluten-free menu. what's it all about? is this for you? if you haven't been feeling well or something "just doesn't seem right" it could be the fact that you are ingesting so much gluten these days. gluten, in one form or another, is not just in breads; it is a filler for all sorts of packaged foods, medicines, make-up and hair products. gluten has been linked to a long list of symptoms and reactions; most of which appear to be totally unrelated to food. in short, it's hard to find, it's in almost everything, it can make you very sick, rob you of your energy and cause many other negative effects on your health -yet most people don't suspect a thing. here is a preview of what you'll learn... how do i know if it affects me? how do i eat gluten-free? where, do i start? gluten and the traveler where is the fda in all of this? what if i can't stick to the diet? a handful of tips click the buy button and begin reading gluten-free: a quickstart guide to living a gluten-free diet today! check out what others are saying. "i don't usually give out 5 stars but this book was deserving. i have been interested in learning about gluten and how it affects me. this book does an amazing job at explaining the facts about gluten and how to adapt your lifestyle around it. highly recommended!" "very clear and specific introduction to a complex subject. covers definitions as well as what to avoid when shopping, how to adjust you kitchen and sources of further information and support. includes bonus to get free info about the subject. a low cost introduction that i recommend to anyone who wants to try this dietary change to see how it may affect troubling symptoms." download your copy today! tags: gluten-free, gluten-free diet, gluten-free recipes, wheat-free, wheat-free diet, wheat belly, weight loss .more</p>	<p><a href="#">Readable/Downloadable</a></p>



**THE MAMMOTH BOOK OF MODERN GHOST STORIES (THE MAMMOTH BOOK OF GHOST STORIES #5)**

more than twenty-five modern masterpieces to chill the blood — from martin amis, p.g. wodehouse, john steinbeck, and ian rankin

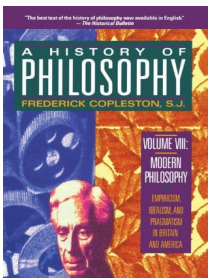
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**A HISTORY OF PHILOSOPHY 7: MODERN PHILOSOPHY (A HISTORY OF PHILOSOPHY #7)**

conceived originally as a serious presentation of the development of philosophy for catholic seminary students, frederick copleston's nine-volume history of philosophy has journeyed far beyond the modest purpose of its author to universal acclaim as the best history of philosophy in english. copleston, an oxford jesuit of immense erudition who once tangled with a. j. ayer in a conceived originally as a serious presentation of the development of philosophy for catholic seminary students, frederick copleston's nine-volume a history of philosophy has journeyed far beyond the modest purpose of its author to universal acclaim as the best history of philosophy in english. copleston, an oxford jesuit of immense erudition who once tangled with a. j. ayer in a fabled debate about the existence of god and the possibility of metaphysics, knew that seminary students were fed a woefully inadequate diet of theses and proofs, and that their familiarity with most of history's great thinkers was reduced to simplistic caricatures. copleston set out to redress the wrong by writing a complete history of western philosophy, one crackling with incident and intellectual excitement -- and one that gives full place to each thinker, presenting his thought in a beautifully rounded manner and showing his links to those who went before and to those who came after him. the result of copleston's prodigious labors is a history of philosophy that is unlikely ever to be surpassed. thought magazine summed up the general agreement among scholars and students alike when it reviewed copleston's a history of philosophy as "broad-minded and objective, comprehensive and scholarly, unified and well proportioned... we cannot recommend [it] too highly." .more

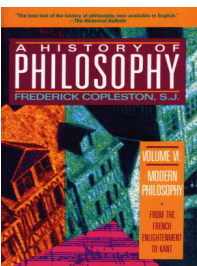
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**A HISTORY OF PHILOSOPHY 8: MODERN PHILOSOPHY (A HISTORY OF PHILOSOPHY #8)**

conceived originally as a serious presentation of the development of philosophy for catholic seminary students, frederick copleston's nine-volume "a history of philosophy" has journeyed far beyond the modest purpose of its author to universal acclaim as the best history of philosophy in english.

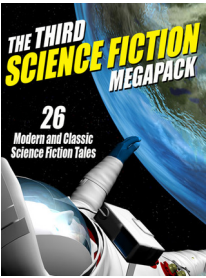
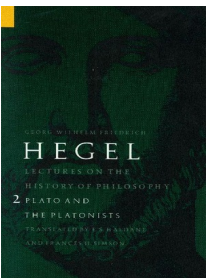
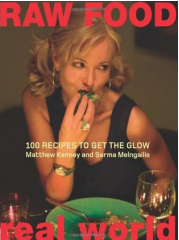
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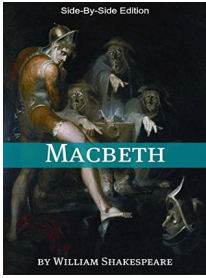


**A HISTORY OF PHILOSOPHY 6: MODERN PHILOSOPHY (A HISTORY OF PHILOSOPHY #6)**

conceived originally as a serious presentation of the development of philosophy for catholic seminary students, frederick copleston's nine-volume a history of philosophy has journeyed far beyond the modest purpose of its author to universal acclaim as the best history of philosophy in english. copleston, an oxford jesuit of immense erudition who once tangled with a.j. ayer conceived originally as a serious presentation of the development of philosophy for catholic seminary students, frederick copleston's nine-volume a history of philosophy has journeyed far beyond the modest purpose of its author to universal acclaim as the best history of philosophy in english. copleston, an oxford jesuit of immense erudition who once tangled with a.j. ayer in a fabled debate about the existence of god and the possibility of metaphysics, knew that seminary students were fed a woefully inadequate diet of theses and proofs, and that their familiarity with most of history's great thinkers was reduced to simplistic caricatures. copleston sets out to redress the wrong by writing a complete history of western philosophy, one crackling with incident and intellectual excitement - and one that gives full place to each thinker, presenting his thought in a beautifully rounded manner and showing his links to those who went before and to those who came after them. ...more

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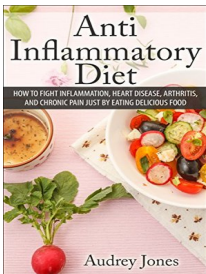
	<p><b>THE THIRD SCIENCE FICTION MEGAPACK: 26 MODERN AND CLASSIC SCIENCE FICTION TALES (SCIENCE FICTION MEGAPACK #3)</b></p> <p>the man who made friends with electricity - fritz leiber time bum - c.m. kornbluth the human equations - dave creek the gun - philip k. dick not stupid enough - george h. scithers jackpot - e.c. tubb the killing streets - colin harvey charon's curse - john glasby moon dive - sydney j. bounds the hunted heroes - robert silverberg night of the squealers - michael mccarty and mark mcla the man who made friends with electricity - fritz leiber time bum - c.m. kornbluth the human equations - dave creek the gun - philip k. dick not stupid enough - george h. scithers jackpot - e.c. tubb the killing streets - colin harvey charon's curse - john glasby moon dive - sydney j. bounds the hunted heroes - robert silverberg night of the squealers - michael mccarty and mark mclaughlin chaos - john russell fearn and happiness everlasting - gerald warfield seeds of invasion - philip e. high the 7th order - jerry sohl monkey on his back - charles v. de vet the calm man - frank belknap long alien still life - john gregory betancourt a question of courage - j.f. bone angels and moths - costi gurgu second landing - murray leinster the einstein-rosen hunter-gatherer society - george s. walker wind - charles l. fontenay star mother - robert f. young the sky is falling - lester del rey little fuzzy - h. beam piper ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>LECTURES ON THE HISTORY OF PHILOSOPHY 3: MEDIEVAL &amp; MODERN PHILOSOPHY (LECTURES ON THE HISTORY OF PHILOSOPHY #3)</b></p> <p>g. w. f. hegel (1770–1831), the influential german philosopher, believed that human history was advancing spiritually and morally according to god's purpose. at the beginning of lectures on the history of philosophy, hegel writes: "what the history of philosophy shows us is a succession of noble minds, a gallery of heroes of thought, who, by the power of reason, have penet g. w. f. hegel (1770–1831), the influential german philosopher, believed that human history was advancing spiritually and morally according to god's purpose. at the beginning of lectures on the history of philosophy, hegel writes: "what the history of philosophy shows us is a succession of noble minds, a gallery of heroes of thought, who, by the power of reason, have penetrated into the being of things, of nature and of spirit, into the being of god, and have won for us by their labours the highest treasure, the treasure of reasoned knowledge." volume 3 of lectures on the history of philosophy, titled medieval and modern philosophy for this bison books edition, begins with a survey of the philosophy of the middle ages, leaving the pagan world for the christian and extending to the sixteenth century a.d. hegel shows how scholastic theology and philosophy developed through the efforts of peter lombard, thomas aquinas, and others. hegel's treatment of the modern period of philosophy focuses on bacon, descartes, spinoza, locke, hobbes, leibnitz, berkeley, hume, kant, and fichte. ....more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>RAW FOOD/REAL WORLD: 100 RECIPES TO GET THE GLOW</b></p> <p>top new york chef and restaurateur matthew kenney and his partner, sarma melngailis, had been thinking of opening a moroccan restaurant. but one night they were invited to a raw food restaurant - - and it changed their lives. they instead opened pure food and wine, a restaurant devoted to creative, tasty raw food, and it has been drawing rave reviews. dishes such as zucchin top new york chef and restaurateur matthew kenney and his partner, sarma melngailis, had been thinking of opening a moroccan restaurant. but one night they were invited to a raw food restaurant -- and it changed their lives. they instead opened pure food and wine, a restaurant devoted to creative, tasty raw food, and it has been drawing rave reviews. dishes such as zucchini and green zebra tomato lasagne, golden squash pasta with black summer truffles, and dark chocolate ganache tart with vanilla cream have given raw food a sexy new appeal. the decision to go raw was shocking at first for these two ex-carnivorous chefs, but they soon found that preparing and eating raw food made them and their guests feel their physical best. melngailis noticed a difference almost immediately -- "light, clean, natural, and alive foods make you feel light, clean, and more alive. and sexy." this new way of life has changed their outlook on eating and cooking and connects them to the world around them. as kenney says, "raw foods and the lifestyle associated with it are so compelling and complex that we will be forever learning and growing. already it seems that we have discovered some of the magic that life offers." in this lushly photographed book, kenney and melngailis share some of that magic -- and show that preparing and eating raw does not mean bland, unsatisfying, or impossibly time-consuming meals. using dehydrating, vita-mix blending, a nuanced understanding of spices, and unprecedented creativity, they explore a whole new outlook on raw food that transfers beautifully and easily from their kitchen to yours -- no matter what your present diet. and you'll immediately begin to reap the benefits of healthful, delicious, life-giving raw food. ....more</p>	<p><a href="#">Readable/Downloadable</a></p>



**MACBETH WITH SIDE-BY-SIDE MODERN ENGLISH TRANSLATION (SHAKESPEARE SIDE-BY-SIDE TRANSLATION BOOK BOOK 7)**

murder? witchcraft? ghost? it's all in macbeth. but if you like many people, you just don't get it! if you don't understand shakespeare, then you are not alone. the original is presented on the right side of the page, and the modern is presented on the left. note: this option is only available on devices that support the feature.

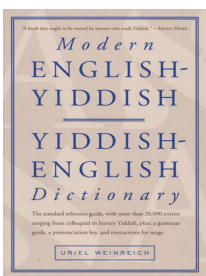
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**ANTI INFLAMMATORY DIET: HOW TO FIGHT INFLAMMATION, HEART DISEASE AND CHRONIC PAIN JUST BY EATING DELICIOUS FOOD (ANTI INFLAMMATORY DIET, HEALTH, WEIGHT DISEASE, CLEAN EATING, HEALTHY EATING,)**

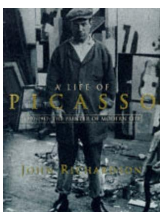
anti inflammatory diet: how to fight inflammation, heart disease and chronic pain just by eating delicious food \* \* \* bonus free e-book included \* \* \* are you sick of feeling sick all the time? do you have chronic pain in your joints, you back or just everywhere? do you feel tired all the time and just lack the energy to do enjoy life to its fullest? well.... not anymore!! anti inflammatory diet: how to fight inflammation, heart disease and chronic pain just by eating delicious food \* \* \* bonus free e-book included \* \* \* are you sick of feeling sick all the time? do you have chronic pain in your joints, you back or just everywhere? do you feel tired all the time and just lack the energy to do enjoy life to its fullest? well.... not anymore!!!! recent studies have shown that many common and debilitating diseases, illnesses and pain is often caused by internal inflammation. and the good news is that you can reduce the inflammation in your body so easily. just by eating healthy, delicious food!!! you just need to know how. when you follow the anti inflammatory diet you'll feel healthier, you'll have more energy, you'll reduce your chronic pain and you'll feel healthier and happier than you can possibly imagine! the anti inflammatory diet isn't like most diets, it doesn't restrict your calories, or tell you not to eat whole food groups, it just shows you how to make the right food choices, in the right proportions to promote optimal health. and the best part, is that you don't even need to buy weird or specific things, no pre-packaged tasteless food, all you have to do is eat delicious food every day, the right way, and this book will show you how. here is a preview of what you'll learn... the basic rules of the anti inflammatory diet how to balance your choices of food how to get the right vitamins and minerals in the right amounts how to prepare your food, the healthy way the health benefits of herbs and spices much, much more! download your copy today! tags: anti inflammatory diet, anti-inflammatory diet, reduce inflammation, chronic pain, arthritis, health, healthy, alternative medicine, get healthy, diet, healthy diet, clean eating, whole foods, optimal health, healthy diet .more

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**MODERN ENGLISH-YIDDISH, YIDDISH-ENGLISH DICTIONARY**

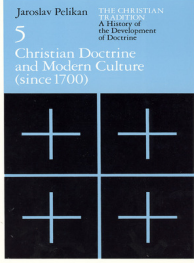

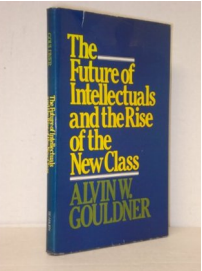
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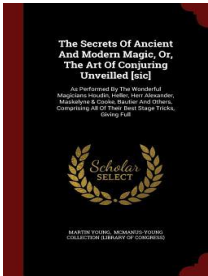
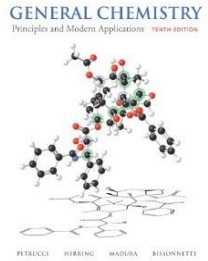



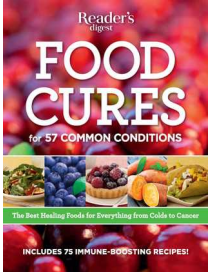
**A LIFE OF PICASSO, VOL 2: THE PAINTER OF MODERN LIFE, 1907-1917 (A LIFE OF PICASSO #2)**

john richardson draws on the same combination of lively writing, critical astuteness, exhaustive research, and personal experience which made a bestseller out of the first volume and vividly recreates the artist's life and work during the crucial decade of 1907-17 - a period during which pablo picasso and georges braque invented cubism and to that extent engendered modernism. richardson has had unique access to untapped sources and unpublished material. by harnessing biography to art history, he has managed to crack the code of cubism more successfully than any of his predecessors. and by bringing a fresh light to bear on the artist's often too sensationalised private life, he has succeeded in coming up with a totally new view of this paradoxical man of his paradoxical work. never before has picasso's prodigious technique, his incisive vision and not least his sardonic humour been analysed with such clarity. ...more

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	<p><b>THE CHRISTIAN TRADITION 5: CHRISTIAN DOCTRINE &amp; MODERN CULTURE SINCE 1700 (THE CHRISTIAN TRADITION #5)</b></p> <p>jaroslav pelikan begins this volume with the crisis of orthodoxy that confronted all christian denominations by the beginning of the eighteenth century and continues through the twentieth century in its particular concerns with ecumenism. the modern period in the history of christian doctrine, pelikan demonstrates, may be defined as the time when doctrines that had been as jaroslav pelikan begins this volume with the crisis of orthodoxy that confronted all christian denominations by the beginning of the eighteenth century and continues through the twentieth century in its particular concerns with ecumenism. the modern period in the history of christian doctrine, pelikan demonstrates, may be defined as the time when doctrines that had been assumed more than debated for most of christian history were themselves called into question: the idea of revelation, the uniqueness of christ, the authority of scripture, the expectation of life after death, even the very transcendence of god. "knowledge of the immense intellectual effort invested in the construction of the edifice of christian doctrine by the best minds of each successive generation is worth having. and there can hardly be a more lucid, readable and genial guide to it than this marvellous work."—economist "this volume, like the series which it brings to a triumphant conclusion, may be unreservedly recommended as the best one-stop introduction currently available to its subject."—alister e. mcgrath, times higher education supplement "professor pelikan's series marks a significant departure, and in him we have at last a master teacher."—marjorie o'rourke boyle, commonweal "pelikan's book marks not only the end of a dazzling scholarly effort but the end of an era as well. there is reason to suppose that nothing quite like it will be tried again."—harvey cox, washington post book world ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>THE ALKALINE DIET PLAN: THE BEST SELLING DIET BOOK ON HOW TO LOSE WEIGHT WITH THE ALKALINE WATER AND DIET PLAN WITH THE ALKALINE DIET RECIPE COOKBOOK INCLUDING ALKALINE DIET FOOD AND JUICING RECIPES</b></p> <p>this is the best selling diet book by dr. connie jeon on how to lose weight with the alkaline water and diet plan with the alkaline diet recipe cookbook including simple healthy eating alkaline diet food, cooking, and juicing recipes. the time is now to achieve your best mind, body, and spirit. its starts with this detox diet. this is the program you need for eating, living this is the best selling diet book by dr. connie jeon on how to lose weight with the alkaline water and diet plan with the alkaline diet recipe cookbook including simple healthy eating alkaline diet food, cooking, and juicing recipes. the time is now to achieve your best mind, body, and spirit. its starts with this detox diet. this is the program you need for eating, living, and juicing the alkaline lifestyle from alkaline noodle to alkaline greens. if you found this book by looking for an alkaline diet book, you are going to be thrilled to get the complete alkaline program inside this guide. not only will you discover how to lose weight, you will also get healthy alkaline diet and food recipes. these are simple and easy cooking recipes for great tasting foods. you'll also get clear on what the difference is between alkaline and acidic diet. jump and now and discover why the alkaline diet plan is considered to be the best mediterranean diet plan lose weight fast and feel great with the alkaline diet plan ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>THE FUTURE OF INTELLECTUALS AND THE RISE OF THE NEW CLASS : A FRAME OF REFERENCE, THESES, CONJECTURES, ARGUMENTS, AND AN HISTORICAL PERSPECTIVE ON THE ROLE OF INTELLECTUALS AND INTELLIGENTSIA IN THE INTERNATIONAL CLASS CONTEST OF THE MODERN ERA</b></p>	<p><a href="#">Readable/Downloadable</a></p>

	<p><b>THE SECRETS OF ANCIENT AND MODERN MAGIC, OR, THE ART OF CONJURING UNVEILLED [SIC]: AS PERFORMED BY THE WONDERFUL MAGICIANS HOUDIN, HELLER, HERR ALEXANDER, MASKELYNE &amp; COOKE, BAUTIER AND OTHERS, COMPRISING ALL OF THEIR BEST STAGE TRICKS, GIVING FULL</b></p> <p>this work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. this work was reproduced from the original artifact, and remains as true to the original work as possible. therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most impor this work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. this work was reproduced from the original artifact, and remains as true to the original work as possible. therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. this work is in the public domain in the united states of america, and possibly other nations. within the united states, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work.as a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. we appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>GENERAL CHEMISTRY: PRINCIPLES AND MODERN APPLICATIONS WITH MASTERINGCHEMISTRY -- ACCESS CARD PACKAGE (10TH EDITION) [HARDCOVER] [2010] 10 ED RALPH H PETRUCCI, F GEOFFREY HERRING, JEFFRY D MADURA, CAREY BISSONNETTE</b></p> <p>general chemistry principles and modern applications tenth edition kit</p>	<p><a href="#">Readable/Downloadable</a></p>
	<p><b>THE MODERN HOME PHYSICIAN: A NEW ENCYCLOPEDIA OF MEDICAL KNOWLEDGE: ILLUSTRATED WITH TWO HUNDRED AND THIRTY TWO PHOTOGRAPHS AND NEARLY SEVEN HUNDRED DRAWINGS MADE EXPRESSLY FOR THIS WORK (1946 RED HARDCOVER PRINTING, FIFTH EDITION)</b></p> <p>the modern home physician: a new encyclopedia of medical knowledge: illustrated with two hundred and thirty-two photographs and nearly seven hundred drawings made expressly for this work (1946 red hardcover printing, fifth edition). printed in new york city, ny, usa by william h. wise in 1946. 792 pages. red hardcover. very useful home medical book in enclopedic format in the modern home physician: a new encyclopedia of medical knowledge: illustrated with two hundred and thirty-two photographs and nearly seven hundred drawings made expressly for this work (1946 red hardcover printing, fifth edition). printed in new york city, ny, usa by william h. wise in 1946. 792 pages. red hardcover. very useful home medical book in enclopedic format in alphabetic order. limited collector's edition. rare book. ...more</p>	<p><a href="#">Readable/Downloadable</a></p>



### **FOOD CURES: FIGHT DISEASE WITH YOUR FORK!: FIGHT DISEASE WITH YOUR FORK!**

discover cures for common conditions from allergies to gum disease, from insomnia to lowering your cholesterol. includes 75 immune-boosting recipes. clean out your medicine cabinet and restock with healing and appealing items from the grocery store. treat the most common ailments naturally, safely, and deliciously-and live pain free, disease free, and worry free! rely less discover cures for common conditions from allergies to gum disease, from insomnia to lowering your cholesterol. includes 75 immune-boosting recipes. clean out your medicine cabinet and restock with healing and appealing items from the grocery store. treat the most common ailments naturally, safely, and deliciously-and live pain free, disease free, and worry free! rely less on pills and more on real food. how much? how often? here you'll find all the answers, the research-validated treatments, and successful cures for dozens of common conditions. the past few years have been filled with intriguing announcements from the world of medical research. forget about wonder drugs-we're living in a time of wonder foods. the foods described in this book are nutritional powerhouses bursting with compounds that have specific and well-defined health benefits-included are 75 healthy recipes that will please every member of the family. healing foods section includes information about: \* how a rainbow of fruits and vegetables (8 to 9 servings a day)-the wider the variety the better-will lower the risk of an array of cancers \* how dark chocolate contains hefty amounts of disease-fighting flavonoids and can significantly improve blood pressure \* how olive oil lowers "bad" ldl cholesterol and raises "good" hdl cholesterol \* how spinach, in addition to protecting your eyes from macular degeneration, is a valuable source of vitamin k, which can help maintain bone density discover cures for common conditions from allergies to gum disease, from insomnia to lowering your cholesterol. changing your diet won't guarantee that you'll never get sick or need drugs, but eating the right food can help heal what ails you and can bolster your body's defenses against disease, treat disease directly, and even slow the aging process. ...more

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