



## The Top 100 Healing Foods: 100 Recipes to Treat Common Ailments Easily and Effectively

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By Paula Bartimeus

Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Top 100 Healing Foods: 100 Recipes to Treat Common Ailments Easily and Effectively, Paula Bartimeus, Drawing on centuries-old healing knowledge, this portable pocket handbook offers food-based techniques to tackle ailments including eczema, asthma, high blood pressure, diabetes, migraine and stress. "The Top 100 Healing Foods" features colour-coded information, an easy reference ailment directory and beautiful photography. With authoritative information, delicious recipes, comprehensive lists of nutrients and at-a-glance symbols for each of the 100 foods, this is an easy how-to guide that no home medicine cabinet should be without.



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