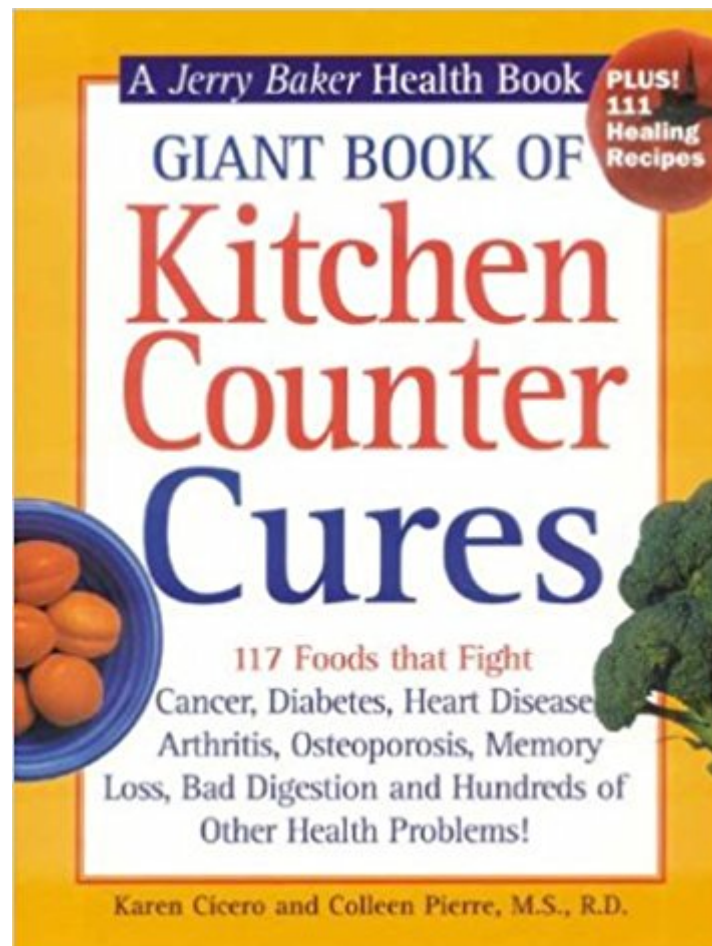




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# Giant Book Of Kitchen Counter Cures: 117 Foods That Fight Cancer, Diabetes, Heart Disease, Arthritis, Osteoporosis, Memory Loss, Bad Digestion And ... Problems! (Jerry Baker Good Health Series)





## Synopsis

The healing powers of favorite foods are leveraged in the recipes and cooking tips in this guide to using food to alleviate serious diseases and common ailments. Fighting colon cancer with cheese, preventing heart disease with green beans and chocolate, and curing urinary tract infections with blueberries are examples of the preventative measures and homemade cures that will help readers slash medical expenses and minimize doctor visits. Shopping advice and menu recommendations are provided that offer healthy, nutritional meals designed for sufferers of specific diseases.

## Book Information

Series: Jerry Baker Good Health series

Hardcover: 496 pages

Publisher: American Master Products, Inc.; First Edition edition (2001)

Language: English

ISBN-10: 0922433410

ISBN-13: 978-0922433414

Product Dimensions: 7.2 x 1.2 x 9.2 inches

Shipping Weight: 2.2 pounds

Average Customer Review: 4.4 out of 5 stars 73 customer reviews

Best Sellers Rank: #115,969 in Books (See Top 100 in Books) #13 in [Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Osteoporosis](#) #97 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #1034 in [Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

Nutrition writers Cicero and Pierre offer an encyclopedic look at 117 foods they say can help stave off cancer, diabetes, heart disease, arthritis and a dozen other health problems increasingly common in our fast-food nation. The authors arrange the foods alphabetically, mixing herbs, fruits, vegetables, meats, fish and dairy, and for each entry they provide a simple synopsis of health benefits, useful sidebars on selection and storage, and a suggested recipe. Foodies may be disappointed with the authors' reliance on frozen and prepared foods: the Ginger Butternut Soup recipe calls for frozen butternut squash purée, and the Stressful-Day Soy Stir-fry uses bottled teriyaki marinade. However, if time-strapped cooks don't mind some pre-made ingredients or the punchy prose ( "Get Hooked on It," the authors say of fish; they also describe corn as "A Bite for Sore Eyes"), this volume presents a wealth of easily digestible knowledge for

healthful eating. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Karen Cicero is the nutrition director of Child Magazine. She lives in Bethlehem, Pennsylvania. Colleen Pierre, M.S., R.D., is a nutritionist and syndicated columnist. She lives in Baltimore, Maryland.

Great book with a lot of information. Will definitely put to using.

I rate this book 5 stars because it is full of information and easy on the eyes. It reads like a dictionary of foods - includes nutritional benefits, how to purchase and store the food item, and even a recipe to make with each food. Today I used the book at work to read about and discuss the benefits of apples with my clients! I enjoy this book at home for personal use and I share it with coworkers and impress people with random food knowledge! It has helped me diversify my diet too. I also use it at work where I educate people with disabilities - we discuss nutrition of an ingredient and make the recipes. :) I would recommend this book for anyone who is interested in learning about the miracles of food and basic nutrition...the natural medicines in life. BTW: Information is brief but definitely useful

Lots of good info. It's a bit dated, but the basics never change I guess.

good

Fast shipping. Fun book

I think this is a useful book with some useful information in it. I am not sure how much of it I will use, but it will be handy to have as a reference book if I need it. I am happy with my purchase.

To tell you the truth-I don't really think the book was that informative-I mostly bought it because they claimed-(by the preview) that they had a cure for age spots on your hands-After looking through the book-I can't find anything for that!

I am very pleased with the condition of this book, and its timely arrival. In addition I like very much

the way it's organized. It isn't a read-at-one-sitting book, but one to keep on the shelf for repeated research and reference. Each section has a bold print list on the left identifying ailments for which the food item is good medicine. Another list, on the right, reports the ailments for which the food is good support. Included are facts about supplements, recipes for using the foods listed, and more. I found it informative, well-organized, and generally well-written.

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