



Fight Back With Food: Use Nutrition to Heal What Ails You

Editors of Reader's Digest

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A-Z comprehensive guide lays out all the nutrients and other compounds currently known to researchers that help fight disease

By now everyone knows: Good nutrition is the key to good health. What's new and exciting, however, are findings that the right diet can actually act as preventive medicine. Experts have discovered how vitamins, minerals, phytochemicals, and other substances in foods work in the body to treat and even prevent serious ailments-including arthritis, diabetes, and heart disease.

Divided into 3 sections, this A-Z comprehensive guide lays out all the nutrients and other compounds currently known to researchers that help fight disease. Part 1 reveals the 50 foods with the most potential to treat and prevent disease and how to cook and store these healing foods to maximize their many benefits. Part 2 provides the reader with a powerful food arsenal to help fight 50 common ailments including a list of recipes that incorporate disease-fighting foods. In Part 3, get 100 healthy and tasty recipes for treating and fighting off disease?"meals that heal" are an everyday prescription to better health.

FIGHT BACK WITH FOOD will give the reader practical tips and information to turn three square meals a day into something that can help you live longer and healthier.

- A guide to the most powerful disease-zapping nutrients
- 50 superstar disease-fighting foods, from apples to poultry to winter squash
- What to eat to manage and prevent 50 common ailments, from asthma to osteoporosis
- 100 delicious disease-combating recipes

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