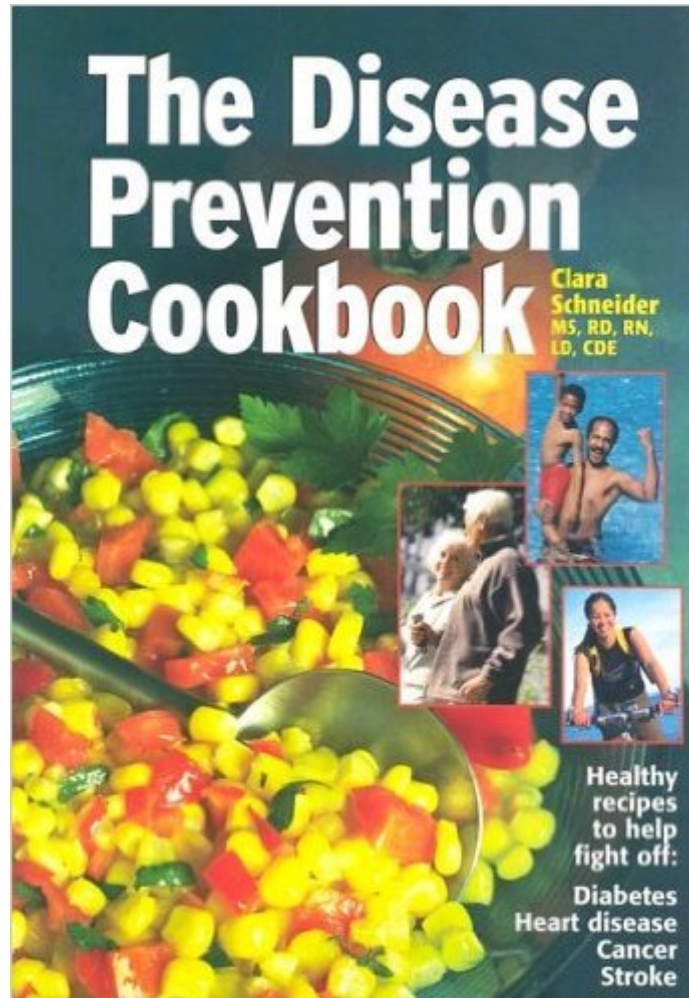


The book was found

Disease Prevention Cookbook



Synopsis

An innovative new cookbook designed to promote a hearthealthy lifestyle and to prevent disease. The rising numbers of overweight people in the world is leading to increasing occurrences of heart disease, stroke, cancer, and diabetes. If readers are not eating at least five servings of vegetables and fruits a day " and very few people do "then they are paying a much higher price for their meals than they know. This cookbook and nutrition guide is the road to better health, now! The fact of the matter remains that we are what we eat. Medical research has conquered most of the acute diseases, but the chronic ones, the stubborn ones that plague our health care systems, can be prevented by wiser food choices and treated by wiser food choices. This is the perfect time to publish this cookbook full of gorgeous healthy recipes contributed by food councils across the country. Dietitian and nurse Clara Schneider helps readers pick and choose their way into the wider world of great-for-you foods. She names the nutrition all-star foods and encourages people to try at least one bite of each recipe.

Book Information

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Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

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Customer Reviews

I'm really glad I found this book - I've been looking in stores and online forever to find something like this. I'm not obsessive about my diet, but I do enjoy eating healthy stuff, and it's good to know this book was checked by a licenced dietician who knows what she's talking about. You would have a hard time going wrong buying this book.

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