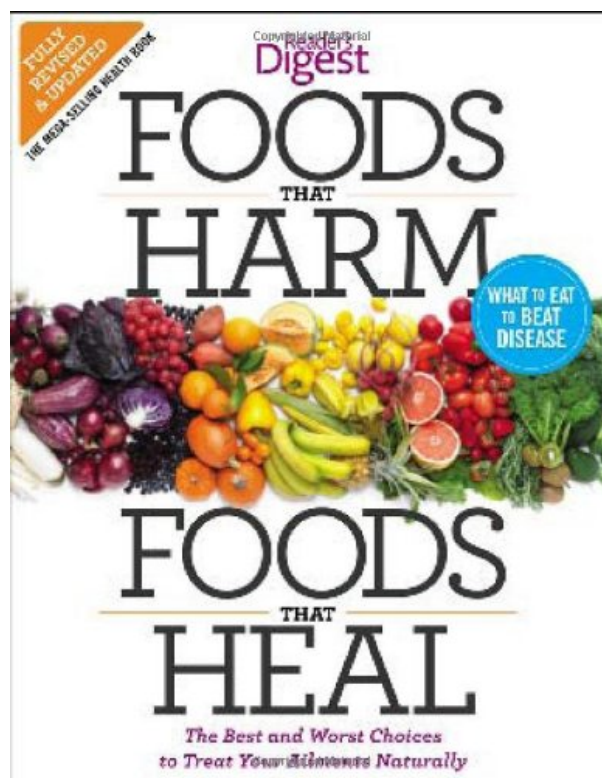
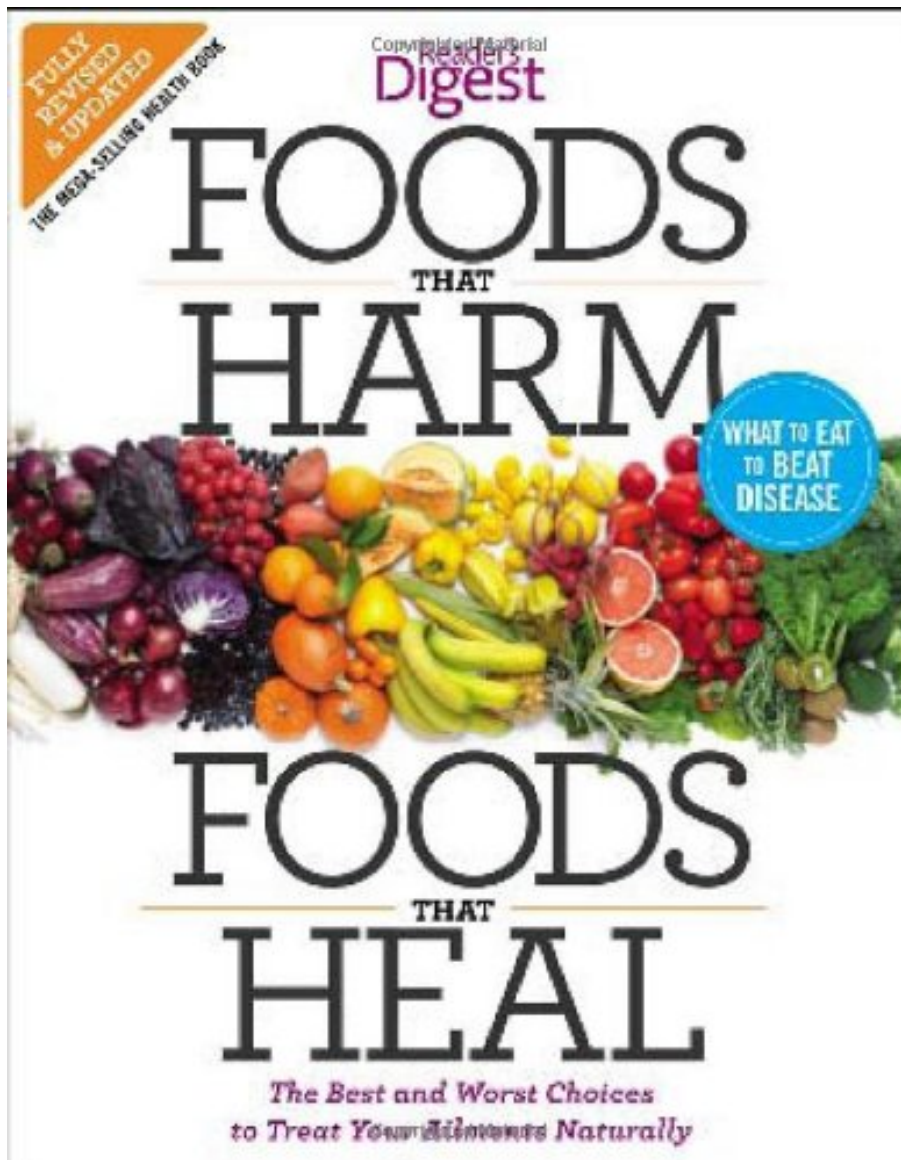


FOODS THAT HARM AND FOODS THAT HEAL: THE BEST AND WORST CHOICES TO TREAT YOUR AILMENTS NATURALLY BY EDITORS OF READER'S DIGEST



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About the Author

ABOUT THE AUTHOR

RDA is a global media and direct marketing company that educates, entertains and connects more than 130 million consumers around the world with products and services from trusted brands. With offices in 43 countries, the company reaches customers in 78 countries, publishes 91 magazines, including 50 editions of Reader's Digest, the world's largest-circulation magazine, operates 78 branded websites and sells 40 million books, music and video products across the world each year. Further information about the company can be found at www.rda.com.

ABOUT THE CONSULTANTS

Joe Schwarcz, PhD, the Director of McGill University's Office for Science and Society, is dedicated to demystifying science for the public, the media, and students. Dr. Schwarcz is well-known for his informative and entertaining lectures on nutrition and alternative medicine. He has written several best-selling books, received numerous awards, appears regularly on the Discovery Channel, and was the host of "Science To Go" a show that focused on common foods, as well as special appearances on various other TV and radio shows. He lives in Montreal.

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FOODS THAT HARM AND FOODS THAT HEAL: THE BEST AND WORST CHOICES TO TREAT YOUR AILMENTS NATURALLY BY EDITORS OF READER'S DIGEST PDF

This completely revised, updated and redesigned edition of Foods That Harm, Foods That Heal, you will find the best and worst choice to treat your ailments naturally. This book covers over 90 health conditions and 150 entries.

The first edition of Foods That Harm, Foods That Heal changed the way we view food and its impact on our bodies. More than 7 million copies of the book have been sold worldwide since then, and interest in food as medicine has only grown as researchers have continued to discover the crucial connections between diet and chronic conditions such as heart disease, cancer, diabetes, and other serious illnesses, as well as the impact of food on stress, insomnia, and other common complaints.

In this completely revised, updated, and redesigned edition, you'll find:

- More than 90 health condition entries from arthritis to insomnia to heart disease
- Almost 150 food entries from apples to zucchini, including fast food, additives, and more
- Simple ways to eat, cook, and store each food
- Food-medicine interactions to be aware of
- Sidebars on everything from the new USDA Food Plate to the many benefits of vitamin D, probiotics and super foods like goji berries and acai.

- Sales Rank: #185771 in Books
- Brand: Readers Digest
- Published on: 2012-12-27
- Released on: 2012-12-27
- Original language: English
- Number of items: 1
- Dimensions: 9.99" h x 1.00" w x 7.81" l, 2.64 pounds
- Binding: Paperback
- 400 pages

Features

- Great product!

About the Author

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Fran Berkoff, RD, is a registered dietitian at Mount Sinai Hospital in Toronto, and the nutrition columnist for the Toronto Sun and Canadian Living magazine. Berkoff lives in Toronto.

Most helpful customer reviews

12 of 12 people found the following review helpful.

Excellent book!

By George Larkin

Joe Schwarcz, PhD, and Fran Berkoff, RD, have compiled a scrumptious book that gives readers wonderful food for thought.

Their 2013 edition of the pioneering Reader's Digest **FOODS THAT HARM, FOODS THAT HEAL, REVISED AND UPDATED: THE BEST AND WORST CHOICES TO TREAT YOUR AILMENTS NATURALLY** outlays a massive encyclopedia containing essays on more than 170 foods and 100 health conditions that can be helped or harmed by what we eat. The original 1997 book changed the way we view foods and their impact on our bodies. The new content opens a wealth of updated entries, all reformatted to make easy the task of finding the facts you need at a glance.

Joe Schwarcz serves as the Director of McGill University's Office for Science and Society, and his dedication to demystifying science for the public, the media, and students has led him on a well-known series of informative and entertaining lectures on nutrition and alternative medicine. Fran Berkoff, RD, is a registered dietitian at Mount Sinai Hospital in Toronto, and the nutrition columnist for the Toronto Sun and Canadian Living magazine. Their combined knowledge, along with the sizzling design expertise of the talented graphic artists with RDA, a global media and direct marketing company with offices in forty-three countries, has produced a magnificent anthology that you will desire to study for years.

The book is divided into three sections:

Part 1 Nutrition: "The Real Deal on All the Ways Foods Harm and Heal

Part 2 Foods: An A-Z Guide to Foods that Harm, Foods That Heal

Part 3 Ailments: A Condition-by-Condition Guide to What Foods Harm, What Foods Heal

The book spans 389 pages and features several hundred full-color illustrations, a detailed Glossary, and a comprehensive Index. The fascinating book makes for uncomplicated reading, and the format allows readers to return and research specific topics in seconds. Splendidly produced with excellent grammar, spelling,

punctuation, and sentence structure, the pages are printed on thick, high-quality glossy paper that should last for many decades of flipping back and forth. Beating diseases the natural way has never been more simple and straight-forward.

You may know cheese can harm with high saturated fat and sodium, produce migraines, aggravate allergies, and lead to bacterial infection, but did you realize that cheese also heals diabetes, metabolic syndrome, bones, muscles, and tooth decay?

You may have heard that ginger can harm by causing bleeding problems, miscarriage, and inflamed membranes, but were you aware that ginger heals motion sickness, nausea, pain, cancer, and flatulence?

You may realize already that nuts and seeds can be high in fat and calories, provoke allergies, and cause dehydration, but you may not have learned that nuts and seeds heal diabetes, heart disease, high cholesterol, cancer, low energy, constipation, anemia, and weight gain.

These are just three of the thousand tips and cautions to discover within the pages. "This is a complete guide on what to eat—and what to avoid—for everyday ailments, long-term conditions, and overall health concerns," says Courtenay Smith, Executive Editor, Reader's Digest. "Some people may be surprised to learn that a food that's generally healthy may still be a bad choice for them if they take a certain medication or are at risk for a family illness. Foods That Harm, Foods That Heal is based on the newest health and nutrition research to uncover the vital link between your health and the food you eat."

The book examines and helps consumers discover the crucial connections between diet and chronic conditions such as heart disease, cancer, diabetes, arthritis and other serious illnesses, as well as the impact of food on stress, insomnia and other common complaints.

We are what we eat. Let food be your medicine, and let this book be your prescription for the what to eat to prevent or treat virtually any ailment.

10 of 10 people found the following review helpful.

Foods That Harm, Foods That Heal

By P. Woodland

Hubby is currently trying to lose some weight and suffering from arthritis in his knees. He is not a happy camper about the arthritis as he LOVES to run and he can't right now because of the pain. When offered this book for review I thought it would be something that he would find helpful and he did. We already eat a pretty healthy diet given that we grow just about everything we eat; we know that our meat and vegetables are not full of antibiotics and pesticides. We eat a lot of vegetables (especially those blasted green beans!) and our chickens are definitely free range - just ask the neighbors.

The book has a handy reference for different diseases and what foods might be best to help with each one. Obviously food is not a cure but if eating the right foods can help - why not? Not every blessed disease is included so don't think it's comprehensive. It's very easy to read and despite a few misspellings (really Reader's Digest?) it has some very useful information.

Hubby has referred to it several times and is keeping it with his other "healthy living" books. He's please with the layout and the information within.

10 of 10 people found the following review helpful.

Great Basic Info for Beginners!

By PattiK

This is a great BASIC guide to foods and how they can help and/or harm you. Not only provides info on health risks and benefits of various food but info on eating, buying and storing as well. First part of the book focuses on specific foods and the second part takes common ailments (Arthritis, Insomnia, IBS, Migraines, UTI's) and provides info on how food can impact symptoms. While it is not all inclusive (e.g. Fibromyalgia is not even included), I don't believe this was meant to be a textbook for professionals and feel it gives the beginner a great start to a better understanding of how foods can help impact your health. As with anything you are incorporating into your health routine, you should discuss any questions you may have with your physician. After reading this, if you see that certain foods may be helpful/harmful to your condition, talk to your Dr. and make an informed decision about what's best for your situation. You may find that there are other interactions with medications you are on that you need to be aware of (ex: as the book notes, while grapefruit reduces your risk for cancer, you should avoid it if you take certain medications for cholesterol or blood pressure).

See all 79 customer reviews...

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