



Encyclopedia of Foods and Their Healing Power (3 Volume Set)

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Wholesome foods, harmful foods A broad and up-to-date encyclopaedia, in which the latest research on the science of foods, nutrition and dietetics is presented. It presents 150 diseases, with an indications of the foods whose amount must be increased or reduced in each case. You will learn the advantages and disadvantages of all types of foods. You will be able to prevent and cure most of them, thanks to the 700 monographic food-by-food data boxes encompassing the whole world. Over 300 diets with suggestions of what should be had for breakfast, lunch and dinner.

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