



Wisdom and Healing Power of Whole Foods, The

Patrick Quillin

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The Ultimate Handbook for Using Whole Foods and Lifestyle Changes to Bolster Your Body's Ability to Repair and Regulate Itself America is at the brink of a health care meltdown. Whole foods and harnessing nature's wisdom may provide the answers to many of our health challenges. In this landmark book, an internationally respected nutritionist and author tackles the complex subject of how foods can prevent and even reverse common health ailments. This book offers the best of science without complex terms, and conveys the simple message that whole foods contain an elegant array of known essential nutrients that can bring the body above surviving, through illness, and into thriving through wellness. Dr. Quillin uses case studies to explain how we can develop good judgment in choosing foods wisely. The book includes an alphabetic listing of the health benefits of whole foods, nutritious and delicious recipes, advice on general wellness, weight loss, and diabetes control, and how whole foods can dramatically reduce the risk for cancer.

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