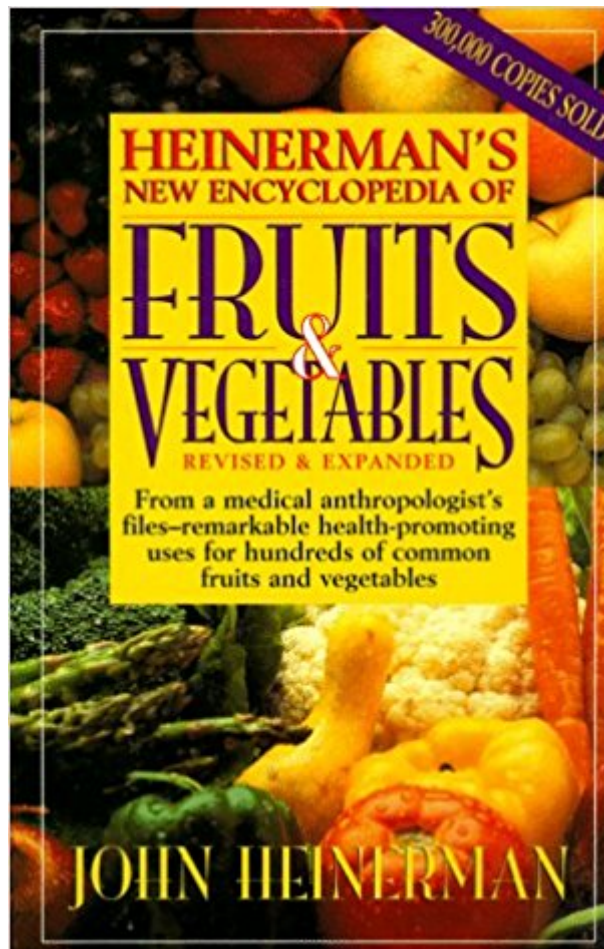




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# Heinerman's New Encyclopedia Of Fruits & Vegetables



## Synopsis

This book is your total guide to using the incredible healing power of fruits and vegetables to relieve whatever ails you and gain better health. ã ã More than 300,000 people have discovered the incredible healing power of common fruits and vegetables in John Heinerman's bestselling Heinerman's Encyclopedia of Fruits, Vegetables, and Herbs. Now, the noted medical anthropologist has completely revised and updated this resource to include over 85 new remedies and 62 new recipes. ã ã You'll discover hundreds of healing foods—all of which can be found at your local supermarket or health food store—that have been proven effective in relieving scores of ailments. They're simple, safe, inexpensive, and easy to use, to treat or prevent health problems from Acne to Alzheimer's. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

I am impressed with this book. Great shape, easy to read and look up things. I would have liked it a little better if they had kept all of the foods for a topic under that topic. Like, "Hot flashes", then it gives the foods that will help but the foods are all throughout the book. Either way, it is a fabulous book to have. Wanting to go back to getting help from the foods and natural resources verses fake medicines made from plastic and artificial stuff that our bodies were not created to use, is a great find. A friend told me about this book. She lowered her cholesterol, blood sugars, sleeps much better and is losing weight ( she wanted that). Her doctor asked what she was doing to get such a

clean bill of health (my lady friend is 76 years old) and told her doctor about this book. The doctor ordered it for herself. She wanted to make some changes in her life with foods and such. It is a book that is hard to keep on the shelf. Natural is better than fake. Eat to a better healthy you.

This may be one of the most important books in my natural healing library. As a matter of fact, over the past 40 years I'd collected so many books on this subject, I had to thin my collection. The Heinerman books went to the top of "My most important books" list. They are easy to read as well because he shares personal stories throughout the books.

I personally own a copy of this book and would not be without it. It is full of in-depth descriptions of every fruit or vegetable under the sun, as well as how each can be used to treat ailments and maintain good health. In 2000, I was diagnosed with cancer. After 6 months of treatment, I was told I had months, maybe weeks to live. I turned to an alternative treatment that relies heavily on nutrition. I won't say that regimen cured my cancer, but I am alive and well 11 years later. To find out more about my battle with cancer and how I dealt with it, get a copy of my book here: *God Said Not Yet!: One Man's Experience With "Terminal" Cancer*

The only problem with this book is that I loaned it to a friend with cancer and have not gotten it back. But if it helps her, it will be well worth getting another copy. This author really knows his stuff. The book is easy to read and interesting. For anyone exploring a more healthy lifestyle and better diet, this is a must have. I have some of his other books as well and they are excellent resources. I highly recommend it.

Too much anecdotal information and not enough scientific fact.

Love the book and put the knowledge to use immediately.

Good, interesting information. I have an older version of this book and purchased this for a friend. Nice to know chemicals are not the only option.

Lots of great information. Product arrived on time and in great shape.

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