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How To Use Food To Cure What Ails You

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Providing essential, groundbreaking information on how food affects our health, aging, ability to fight disease, and quality of life, Gillian McKeith's Food Bible is as user-friendly as it is thorough, featuring an A-to-Z encyclopedic-like format of food based treatments for common illnesses and diseases, from arthritis to diabetes and chronic fatigue syndrome to migraines.

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Gillian McKeith's Food Bible shows you how foods can help improve your health and quality of life. For instance, she explains why almonds support weight loss, how wild yams promote fertility and which vegetables work as natural moisturizers for your skin.

Gillian McKeith's Food Bible - Diet Review

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Gillian McKeith's Food Bible is as user-friendly as it is thorough, featuring food based treatments for common illnesses and diseases, from arthritis to diabetes and chronic fatigue syndrome to migraines. For example: - Almonds can assist in weight loss. - Wild yams help promote fertility.

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McKeith advocates a pescetarian diet high in fruits and vegetables, grains, beans, nuts, and tofu, and the avoidance of processed and high-calorie foods, sugar and fat, red meat, alcohol, caffeine, white flour, and additives.

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Gillian McKeith - Wikipedia

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About Gillian McKeith's *Food Bible*. From the author of the 2-million- copy international bestseller *You Are What You Eat* comes the essential guide to health and nutrition. The celebrated clinical nutritionist, author of the internationally bestselling *You Are What You Eat*, and host of the BBC America show of the same name offers a comprehensive and

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