

Food--Your Miracle Medicine

By Jean Carper

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Food -- Your Miracle Medicine is the breakthrough book on food and health for the nineties. This comprehensive guide, based on more than 10,000 scientific studies, reveals how you can use the extraordinary powers of food to prevent and alleviate such common maladies as headaches and hay fever, as well as to ward off major killers, including heart disease and cancer. Jean Carper, the bestselling author of *The Food Pharmacy*, has now translated the amazing new discoveries about the medical powers of food into practical advice and information that you can use every day to conquer disease, increase your mental energy, and live longer.

- A carrot a day could slash your risk of stroke by 70 percent.
- Ginger can stop migraine headaches and nausea.
- Half an avocado a day can dramatically improve your blood cholesterol.
- Brazil nut may improve your mood.
- Brazil nuts may improve your mood.
- Tea helps prevent stroke, heart disease, and cancer.
- A food allergy may be the cause of your fatigue.

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Editorial Review

Amazon.com Review
Did you know that fish oil and collard greens block breast cancer? Brazil nuts can improve your mood? That contrary to popular belief, sugar actually mellows out most people? Carper's collection of culinary medicine is astounding. Based on research culled from prestigious scientific institutes around the world, Carper reports on what you ought and oughtn't to eat for ailments ranging from heart disease to cancer, strokes to depression and anxiety. It's pleasant to think of health as taking place in your kitchen instead of the doctor's office or hospital.

From Publishers Weekly
Carper combines diverse scientific studies to illustrate the healing power of eating the right food. BOMC selection in cloth. $75,000 ad/promo. Author tour.
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Review
Full of amazing facts and advice. The best of all the books on the diet -- health connection by a long shot, "Food -- Your Miricle Medicine" is everybody's passport to health." -- John Naisbiett, author of "Megatrends"

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