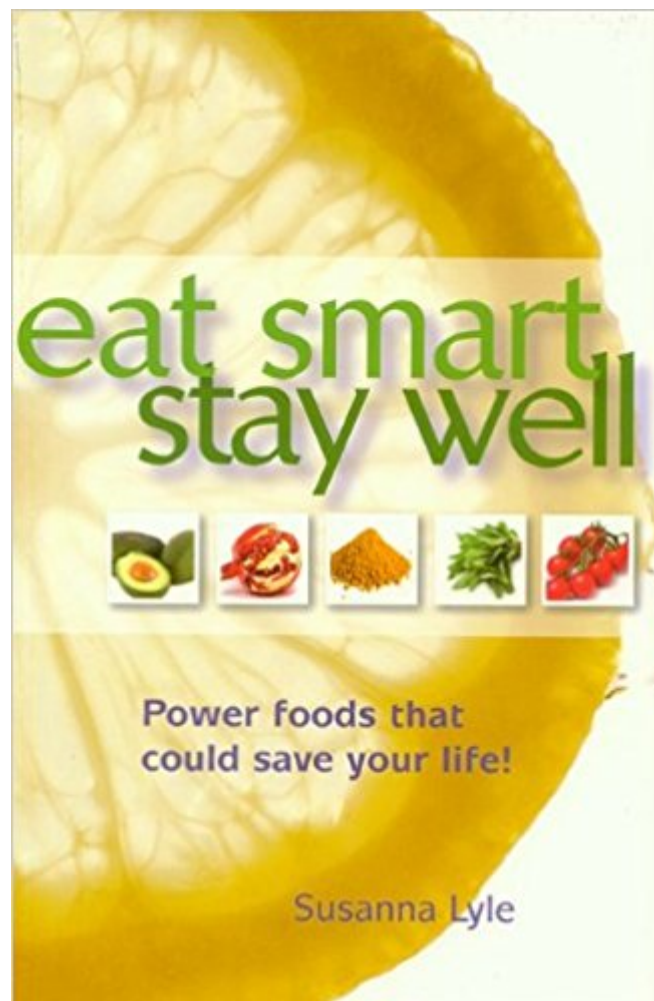




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Eat Smart, Stay Well: Power Foods That Could Save Your Life!



Synopsis

Whether you are looking for help with a particular medical condition or to maximize your intake of essential fats, vitamins, and minerals for optimum health, this is a reference book you cannot be without. Many of us know the importance of eating a wide range of fruits, vegetables, and nuts. But less well known are the specific beneficial health properties of individual plants. Plant foods are powerful— they can lower your blood pressure, improve brain function, protect against certain cancers, repair nerve damage . . . the key is knowing which plants pack the most punch. *Eat Smart, Stay Well* contains:- Information on 115 readily available edible plants that will support and strengthen your health and wellbeing;- Detailed analysis of what is in the plants and their specific benefits for a range of health issues;- Recipe suggestions, which accompany many of the entries, and tables listing plants by specific health benefits for easy reference.

Book Information

Paperback: 310 pages

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Average Customer Review: 5.0 out of 5 stars 3 customer reviews

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Customer Reviews

Lyle, a plant scientist, presents an easily readable explanation of medicinal and nutritive compounds in foods and herbs and how they work in our bodies. . . . [The book] nicely breaks down healing properties . . . addressing limitations and cutting through popular misconceptions.-- "American Herb Association Quarterly, 31:4 (Winter 2016)"

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properties . . . addressing limitations and cutting through popular misconceptions. (American Herb Association Quarterly, 31:4 (Winter 2016))

Very happy, gr8 condition.

Eat Smart Stay Well is a wonderful reference book that covers the health benefits of power foods intended to improve an individual's health and well being. Part One of the book describes the top 5 food choices for specific health needs. For example, if you have high blood pressure or high cholesterol foods such as cherries, pistachios, rye, buckwheat, and asparagus are proven to reduce both. Cancer, allergies, diabetes, and a variety of other fairly common health problems are covered with power food recommendations. Part Two describes how power foods work, and Part Three is an A to Z description of power foods and their uses from alfalfa to yeast--I guess there is no power food starting with the letter Z! I was surprised and pleased at how well written the book is for a fairly scientific topic, how interesting the author presents the material, and how helpful the information is. The book should be on every person's bookshelf. It's amazingly comprehensive, quite affordable, and I expect my family will refer to it regularly.

Amazing reference guide to smart power foods. Used it already to determine how to use our just planted mustard seeds and mint plants. My Dad always had vegetable, flower and herb gardens and was interested in the health benefits of these plants. I was happy to see many of the plants that I grew up with were in the book. Now I am learning about others that I didn't know about and also how to use the ones that I did know about in different recipes.

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