

Medicinal Cookery: How You Can Benefit From Nature's Edible Pharmacy - Dale Pinnock

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Dale Pinnock explains how the healing power of foods stretches even beyond the realms of vitamins and minerals, and involves a far more complex and beautifully wondrous group of biological compounds - phytochemicals. He shows how, when delivered in the right way, many of these compounds can work in a very similar way to medicinal plants and even pharmaceutical drugs, but minus the side-effects. He highlights the benefits of each food and shows how to prepare dishes and recipes that are not only delicious but have a medicinal property that makes them a powerful addition to someone's overall disease treatment plan, be this orthodox medical treatment or natural therapies. He includes recipes for all common health disorders, including problems with digestion, the heart and circulation, the immune and nervous systems, joints and skin disorders. Author: Pinnock, Dale Publisher: Right Way Illustration: N Language: ENG Title: Medicinal Cookery: How You Can Benefit From Nature's Edible Pharmacy Pages: 00300 (Encrypted EPUB) On Sale: 2011-04-21 SKU-13/ISBN: 9780716022695 Category: Medical : Alternative Medicine Category: Cooking : Health & Healing - General

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