

# Eating For Better Health - , Gillian Tidey

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This informative, accessible guide to eating for better health will help you regain control of your health whether you're fighting a chronic condition or want to prevent problems in the future. Bestselling author Jane Plant and dietician Gill Tidey show how eating the right foods can help you manage - and even prevent - a range of other common health problems, including: -allergies -heart disease -high blood pressure -digestive problems -diabetes -skin problems, and many more. With clear advice on what to eat - and what to avoid - for each of the conditions, and featuring over 200 easy-to-make, delicious recipes to get you on the road to optimum well-being, this is a book for everyone who wants to live a healthier life. Including a new foreword by Dr Michael Dixon, Medical Director of the Prince's Foundation for Integrated Health and Chair of the NHS Alliance. Author: Plant, Jane Author: Tidey, Gillian Publisher: Virgin Digital Illustration: N Language: ENG Title: Eating for Better Health Pages: 00352 (Encrypted EPUB) On Sale: 2012-03-31 SKU-13/ISBN: 9780753519493 Category: Cooking : Health & Healing - General Category: Cooking : Specific Ingredients - Natural Foods

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