



Meals That Heal: A Nutraceutical Approach to Diet and Health

Lisa Turner

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Can a regular diet of tomatoes, soy products, and cruciferous vegetables help ward off cancer and heart disease? Can meals really heal? With increasing frequency scientific studies are responding with a resounding "yes." It has been general knowledge for years that vitamin C prevents scurvy and calcium helps build strong bones. But this pales in comparison to recent discoveries concerning phytonutrients and nutraceuticals. Garlic, for example, contains compounds that may reduce blood pressure and lower cholesterol levels. Broccoli contains substances that may help prevent cancer. *Meals That Heal* takes the latest scientific data on these substances out of the lab and puts it into the kitchen.

Presents a compilation of the most recent research on the proven benefits of various foods along with charts and graphs that relate this research to specific diseases.

More than 100 recipes for creating healthy and delicious meals include the healing properties of the foods and the benefits we can obtain from them.

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