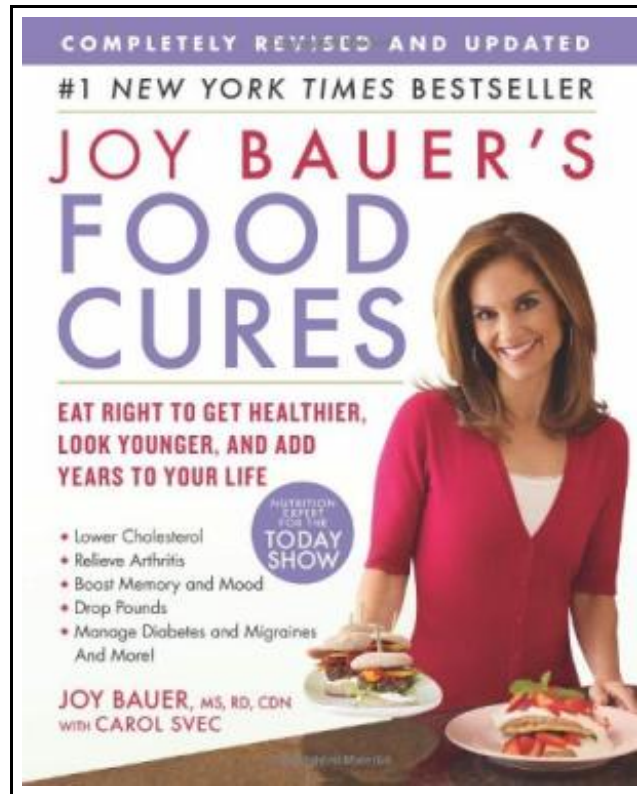


Joy Bauer's Food Cures: Eat Right to Get Healthier, Look Younger, and Add Years to Your Life



Filesize: 9.08 MB

Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)

JOY BAUER'S FOOD CURES: EAT RIGHT TO GET HEALTHIER, LOOK YOUNGER, AND ADD YEARS TO YOUR LIFE



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Rodale Books, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Praise for the completely revised and updated edition of Joy Bauer's Food Cures : "Whether you're trying to lose weight, get glowing skin, or reduce your risk of diabetes and heart disease, Joy takes the guesswork out of healthy eating. Even better, she gives step-by-step plans that make it easy to work these foods into your everyday life." -Elizabeth Mayhew, editor-in-chief of Woman's Day magazine "Joy Bauer has done it again: This book truly moves the conversation about nutrition forward. Joy is one of those rare experts who understands the entire spectrum of food, consumerism, and medicine, and in Food Cures, she encourages the American family to adapt with a large dose of urgency, compassion, and common sense." -Nancy Snyderman, MD, FACS, chief medical editor for NBC News "Joy wants to help you live longer. What better gift could you give the people who love you?" -Ann Curry, cohost of the Today show "This is one book that will change your life! Good nutrition is about more than diet and counting calories: It's a lifestyle of healthy choices that could improve your body and help prevent or cure certain ailments. Joy's step-by-step guidelines make for a hard-to-fail program that gives you the most out of what you eat-and yes, may even change your life." -Natalie Morales, news anchor for the Today show "If you think of food as the enemy, then you need to devour this book. Joy has compiled the total guide to "eating yourself healthy." It's no surprise I call her the patron saint of no-nonsense nutrition." --Meredith Vieira, former cohost of the Today show "Joy Bauer is the best nutritionist in the world!" -Shaquille O'Neal "Joy Bauer, a fabulous nutritionist,...

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