



Food Remedies: Superfoods And Their Specific Medicinal Uses

Florence Daniel

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Natural healing from the inside out.

In recent years, scientists have discovered thousands of substances in foods that go way beyond vitamins and minerals for pure healing power. *Food Remedies: Superfoods And Their Specific Medicinal Uses* shows how to use Mother Nature's easily obtained "healing foods" to lose weight, prevent cancer, reverse heart disease, cleanse arteries, release an explosion of untapped energy, lower cholesterol, look and feel years younger, and much, much more.

Here readers will discover how to:

- relieve nerve and brain exhaustion by snacking on apples
- subdue inflammation of the intestines by eating bananas
- end constipation with Brazil nuts
- successful treat influenza with cinnamon
- heal ulcers with carrot juice
- detox and relieve fever with "the grape cure"

...and so much more.

A quick reference of food remedies, facts and medicinal uses of 65 common fruits and vegetables, *Food Remedies*, originally published in 1908, was prophetic in its focus on nutrient-rich superfoods recognized to fight and reverse specific health problems.

CONTENTS

PART 1

While there is Fruit there is Hope Fruit and the Teeth Fruit is Food Objections to Fruit A Pioneer of Food Remedies The Simple Life Fruit or Fasting Acute Illness

PART II.--FOODS AND THEIR MEDICINAL USES

Almond Apple Asparagus Banana Barley Blackberry Black Currant Brazil Nuts Beans, Peas, and Lentils Beet Cabbage Caraway Seed Carrot Celery Cresses Chestnut Cinnamon Coconut Coffee Date Elderberry Fig Grape Gooseberry Lavender Lemon Lettuce Nettle Nuts Oat Olive Onion Orange Parsley Pear Pea Nut Pine-Apple Pine Kernel Plum, Prune Potato Radish Raspberry Rice Rhubarb Sage Strawberry Spinach Tomato Turnip Thyme Walnut Wheat

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