



ENCYCLOPEDIA OF FOODS AND THEIR HEALING POWER (3 Volume)

Dr. George D. Pamplona Roger

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A broad and up-to-date encyclopedia, in which the latest research on the science of the foods, nutrition and dietetics is presented. It presents 150 diseases, with an indications of the foods whose amounts must be increased or reduced in each case. You will learn the advantages and disadvantages of all types of foods. You will be able to prevent and cure most of them, thanks to the 700 monographic food-by-food data boxes encompassing the whole world. Over 300 diets with suggestions of that should be had for breakfast, lunch and dinner. Multiple indexes by food, by disease, include drawings, photos, synonyms....

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