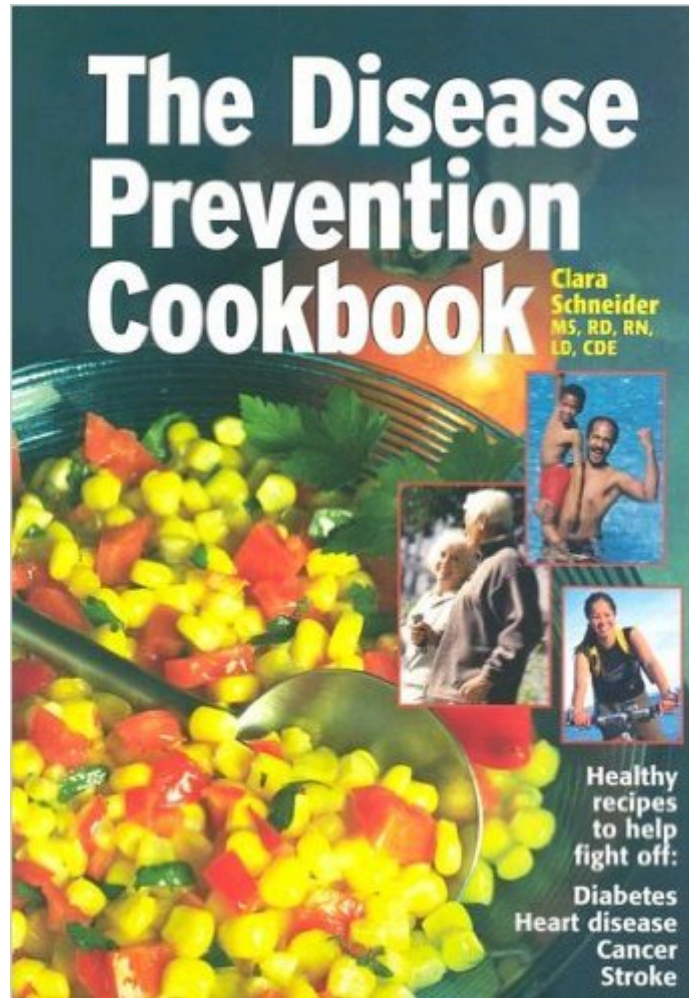


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# Disease Prevention Cookbook



## Synopsis

An innovative new cookbook designed to promote a hearthealthy lifestyle and to prevent disease. The rising numbers of overweight people in the world is leading to increasing occurrences of heart disease, stroke, cancer, and diabetes. If readers are not eating at least five servings of vegetables and fruits a day " and very few people do "then they are paying a much higher price for their meals than they know. This cookbook and nutrition guide is the road to better health, now! The fact of the matter remains that we are what we eat. Medical research has conquered most of the acute diseases, but the chronic ones, the stubborn ones that plague our health care systems, can be prevented by wiser food choices and treated by wiser food choices. This is the perfect time to publish this cookbook full of gorgeous healthy recipes contributed by food councils across the country. Dietitian and nurse Clara Schneider helps readers pick and choose their way into the wider world of great-for-you foods. She names the nutrition all-star foods and encourages people to try at least one bite of each recipe.

## Book Information

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Product Dimensions: 6.8 x 0.4 x 9.9 inches

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Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #2,140,604 in Books (See Top 100 in Books) #177 in Books > Health, Fitness & Dieting > Diets & Weight Loss > American Diabetes Association #1489 in Books > Cookbooks, Food & Wine > Special Diet > Diabetic & Sugar-Free

## Customer Reviews

I'm really glad I found this book - I've been looking in stores and online forever to find something like this. I'm not obsessive about my diet, but I do enjoy eating healthy stuff, and it's good to know this book was checked by a licenced dietician who knows what she's talking about. You would have a hard time going wrong buying this book.

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Chronic Kidney Disease: The Ultimate Guide to Chronic Kidney Disease: Diet, Prevention, Early Detection and Fast Treatment! (Kidney Stones, Kidney Disease Solution, Kidney Health) Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) Healing Lyme Disease Naturally: The Handbook for Holistic Lyme Disease Care and Prevention The Kidney Disease Solution, The Ultimate Kidney Disease Diet Cookbook: The Only Renal Diet Cookbook You Will Ever Need Disease Prevention Cookbook Autoimmune Paleo Cookbook: Mouthwatering Recipes to Reverse Autoimmune Disease and Heal your Body (Paleo Cookbook, Autoimmune Solution, Autoimmune Protocol, ... Weight Loss, Autoimmune Paleo Cookbook) Cancer: Cancer Prevention: Killing Cancer By Preventing It. Instantly Prevent Cancer (Cancer,Cancer Prevention,Cancer Cure,Coping With Cancer,Cancer Books,Breast ... Cancer,Leukemia,Colon Cancer,Skin Cancer) Hair Loss Prevention: #1 Hair Loss Prevention And Reversal Techniques, Methods, Treatments And Remedies (Hair Loss, Hair Loss Cure, Hair Loss In Women, ... Protocol, Hair Loss Black book, Baldness) Hair Loss Cure & Treatment: Prevention & Effective Natural Regrowth Methods (Hair Loss Prevention, Hair Loss Treatment, Hair Loss Cure, Hair Loss For Men, Hair Regrowth, Self Help) Cancer Prevention Diet: The Revolutionary Cancer Prevention Diet to Live Healthy and Cancer Free Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) Kidney Disease Cookbook: 85 Healthy & Homemade Recipes for People with Chronic Kidney Disease (CKD) Essential Kidney Disease Cookbook: 130 Delicious, Kidney-Friendly Meals to Manage Your Kidney Disease The Gastritis & GERD Diet Cookbook: 101 Healing Cookbook Recipes for Effective Natural Remedy in the Treatment, Prevention and Cure of Gastritis and Acid Reflux Crock Pot: Everyday Crock Pot and Slow Cooker Recipes for Beginners(Slow Cooker, Slow Cooker Cookbook, Slow Cooker, Slow Cooker Cookbook, Crockpot Cookbook, ... Low Carb ) (Cookbook delicious recipes 1) The South Beach Heart Health Revolution: Cardiac Prevention That Can Reverse Heart Disease and Stop Heart Attacks and Strokes (The South Beach Diet) Breast Cancer Prevention and Recovery: The Ultimate Guide to Healing, Recovery and Growth: prostate cancer, bone cancer, brain cancer, breast cancer, colorectal, ... cancer killers, cancer is not a disease,) Disease Prevention and Treatment, 4th Edition The Vitamin E Factor: The Miraculous Antioxidant for the Prevention and Treatment of Heart Disease, Cancer, and Aging