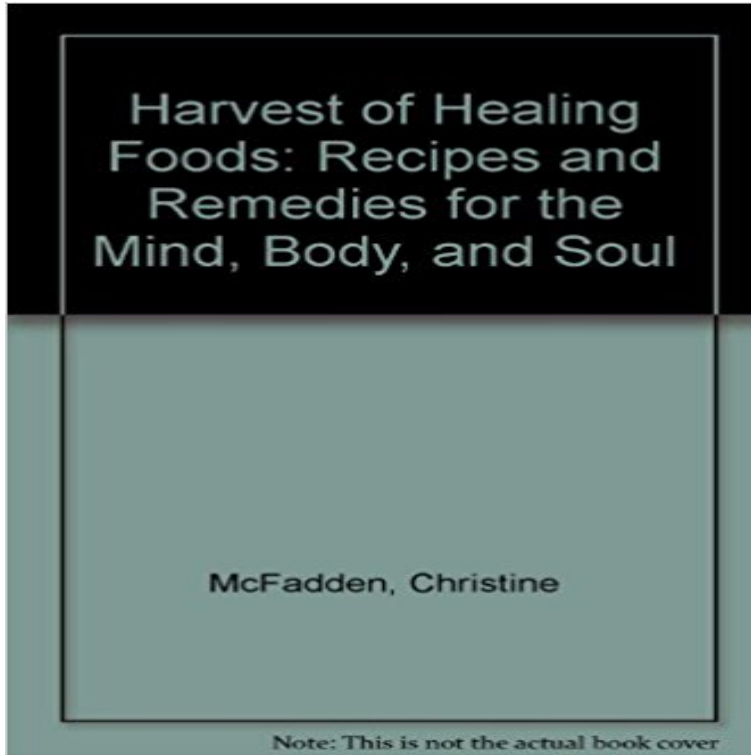


Harvest of Healing Foods: Recipes and Remedies for the Mind, Body, and Soul



Explains all you need to know to take advantage of the therapeutic powers of foods. Instead of dwelling on culprit foods, it shows you how to think positively & get a feel for what might be good for you as an individual, & then to eat more of such foods, cooking them imaginatively & with enjoyment. You will find inspirational ideas for every meal type, from sustaining breakfasts & energy-boosting snacks, to flavorful entrees & soothing bedtime drinks. There are more than 60 health-promoting & delicious recipes to satisfy a wide variety of tastes & needs. Highlights remarkable healing foods -- their therapeutic properties & uses in ancient & traditional practices.

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