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Food Your Miracle Medicine: How Food Can Prevent and Treat Over 100 Symptoms and Problems

Jean Carper

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FOOD YOUR MIRACLE MEDICINE is for everyone. Jean Carper first told us about the potential of food to prevent and treat numerous diseases in her book THE FOOD PHARMACY and went one stage further in THE FOOD PHARMACY COOKBOOK. But it is with FOOD YOUR MIRACLE MEDICINE that Jean Carper has made a quantum leap in her revelations about the power of food. Over 100 symptoms and conditions from a minor stuffy nose to a potentially fatal cancer are dealt with in this complete, easy to follow, A-Z self-help guide.

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