



Joy Bauer's Food Cures: Eat Right to Get Healthier, Look Younger, and Add Years to Your Life

By Bauer, Joy; Svec, Carol

Rodale Books, 2011. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Praise for the completely revised and updated edition of Joy Bauer's Food Cures : "Whether you're trying to lose weight, get glowing skin, or reduce your risk of diabetes and heart disease, Joy takes the guesswork out of healthy eating. Even better, she gives step-by-step plans that make it easy to work these foods into your everyday life." -Elizabeth Mayhew, editor-in-chief of Woman's Day magazine "Joy Bauer has done it again: This book truly moves the conversation about nutrition forward. Joy is one of those rare experts who understands the entire spectrum of food, consumerism, and medicine, and in Food Cures, she encourages the American family to adapt with a large dose of urgency, compassion, and common sense." -Nancy Snyderman, MD, FACS, chief medical editor for NBC News "Joy wants to help you live longer. What better gift could you give the people who love you?" -Ann Curry, cohost of the Today show "This is one book that will change your life! Good nutrition is about more than diet and counting calories: It's a lifestyle of healthy choices that could improve your body..."



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