



Food and Healing: How What You Eat Determines Your Health, Your Well-Being, and the Quality of Your Life

By Annemarie Colbin

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Ten years ago, Colbin's Food and Healing stood at the forefront of the food revolution, exploring the link between diet and health. In this anniversary edition, she provides updates on recent dietary systems, including low-fat, food combining, and alternative medicine.

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Editorial Review

From the Inside Flap

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From the Back Cover

The best book on how your diet impacts your health has gotten even better! For this tenth anniversary edition, Annemarie Colbin has updated her classic to include the latest information on new dietary systems, low-fat eating, food combining, and alternative medicine. Food and Healing continues to be the touchstone guide to improving your life by changing the way you eat. Drawing on an impressive range of thinking, from Oriental philosophy to contemporary medical journals, Colbin shatters many myths not only about the "Standard American Diet" but also about some of the quirky unhealthy food fads that continue to crop up across the country. Inside, you'll discover the crucial role of diet in preventing illness, how to tailor a diet approach that is right for you, the remarkable healing qualities of specific foods, how food affects your moods. Annemarie Colbin argues passionately that we must take responsibility for our own health and rely less on modern medicine, which - even now - seems to focus on trying to cure rather than prevent illness. She shows that eating well is the first step toward better health.

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