



Super Foods for What Ails You: What to Eat to Beat Heart Disease, Diabetes, Cancer, Dementia, Pain and More

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What you eat has a direct impact on your health—for good and for bad. Nearly every health problem—from diabetes and allergies to Alzheimer's and high blood pressure—can be helped by eating the right foods...and avoiding the wrong ones. In fact, some of these dietary changes could totally eliminate your need for medications or dietary supplements. Now, the editors of Bottom Line Health have put together this handy ailment-by-ailment guide to the superfoods you need for optimal health. You'll learn...

- * The ultimate Alzheimer's-fighting diet.
- * The superfoods that relieve allergies to pollen, dust and mold.
- * Superfoods for a super brain. Plus: 4 best brain foods for women...and 4 best brain foods for men.
- * For the smoothest skin, what matters most is what you put in your mouth.
- * How to strengthen bones naturally.
- * Foods that relieve prostate pain.
- * Diabetes (or prediabetes)? Be sure to include these foods in your diet.
- * Best food for hypoglycemia...gum disease...insomnia...stomach pain.
- * Magical food combos that fight cancer. Plus: The best cancer-fighting food.
- * Eat your way to lower cholesterol.
- * The fruit that fights gout.
- * 6 tasty foods that protect your heart.
- * Fight high blood pressure with these 5 foods.
- * Brain-boosting diet to conquer multiple sclerosis.
- * Magical pain-fighting foods—some will surprise you.
- * Is this Parkinson's disease cure on your spice rack?
- * Recover faster from illness or injury with these smart food choices.
- * 7 foods that make you smarter.
- * What to eat before, during and after chemotherapy.
- * And much, much more.

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From reader reviews:

Zachary Mason:

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent their spare time to take a go walking, shopping, or went to typically the Mall. How about open or read a book entitled Super Foods for What Ails You: What to Eat to Beat Heart Disease, Diabetes, Cancer, Dementia, Pain and More? Maybe it is to be best activity for you. You know beside you can spend your time together with your favorite's book, you can wiser than before. Do you agree with its opinion or you have other opinion?

Lawrence Gregory:

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Sandra Williams:

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Rosemary Lilly:

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