



Gillian McKeith's Food Bible: How to Use Food to Cure What Ails You

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Gillian McKeith's Food Bible: How to Use Food to Cure What Ails You Gillian McKeith
From the author of the 2-million- copy international bestseller *You Are What You Eat* comes the essential guide to health and nutrition

The celebrated clinical nutritionist, author of the internationally bestselling *You Are What You Eat*, and host of the BBC America show of the same name offers a comprehensive and fully illustrated guide to the health effects, uses, and benefits of the foods we eat and how nutrition affects our general health, aging, ability to fight disease, and quality of life. *Gillian McKeith's Food Bible* is as user-friendly as it is thorough, featuring food based treatments for common illnesses and diseases, from arthritis to diabetes and chronic fatigue syndrome to migraines. For example:

- Almonds can assist in weight loss.
- Wild yams help promote fertility.
- Berries, spinach, romaine lettuce and broccoli combat dry skin by stimulating oil and collagen production.
- Tomatoes contain an antioxidant that can help prevent cancer.

Gillian provides cutting-edge Food Action Plan Prescriptions incorporating the right foods, herbs and quick tips for over 100 everyday ailments. The solutions in this book are tried and tested and based on more than 15 years of consulting with clients in private practice. *Gillian McKeith's Food Bible* will completely change the way you think about food.

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