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9780071461986 - Healing Gourmet Eat to Lower Cholesterol ...

Drawing from the latest scientific research, the Healing Gourmet® series focuses on foods and recipes for managing and preventing a wide range of diet-related illnesses. Written in consultation with a team of leading doctors, nutritionists, and chefs, each book focuses on a specific medical condition and includes 50 delicious, healthy recipes and three weeks of meal plans.

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a lean, healthy body, don't pass...

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Eat for health, for healing, for life. Can something as delicious as Mediterranean Baked Snapper really help you lower your cholesterol? Every day, believe it or not, medical researchers are making surprising discoveries about the link between diet and disease--and Healing Gourmet is dedicated to bringing the latest scientific breakthroughs into your kitchen.

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Cholesterol can reduce body's glycemic response by 30 to 50 cutting back on high cholesterol foods like fried foods sugary desserts and fatty meats is a start but you also need to eat more of the fare that can help lower your cholesterol naturally eating raw garlic or adding it to fresh juices and smoothies may help

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Supply the Antidote: A number of foods have been found to decrease the cancer-causing effects of aflatoxin. These include Apiaceous vegetables (carrots, celery, parsnips, and parsley), chlorophyll (found in green vegetables, spirulina and chlorella), garlic and onions. Be sure to include these in your diet.

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Reduce Aflatoxin Exposure - Healing Gourmet

Best Foods to Reduce Inflammation. Fill up on organic, nutrient-rich fruits and veggies like mixed greens, cruciferous veggies, artichoke and asparagus. And when it comes to fruit, be sure to choose low glycemic berries, citrus fruits and apples. You'll help reduce inflammation and get more antioxidants in your diet too.

Fruits and Veggies Reduce CRP Naturally - Healing Gourmet

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Kelley Herring, founder of Healing Gourmet, is a natural nutrition enthusiast with a background in biochemistry. Her passion is educating on how foods promote health and protect against disease and creating simple and delicious recipes for vibrant health and enjoyment.

Concerned About Blood Sugar? Eat More of These Foods!

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