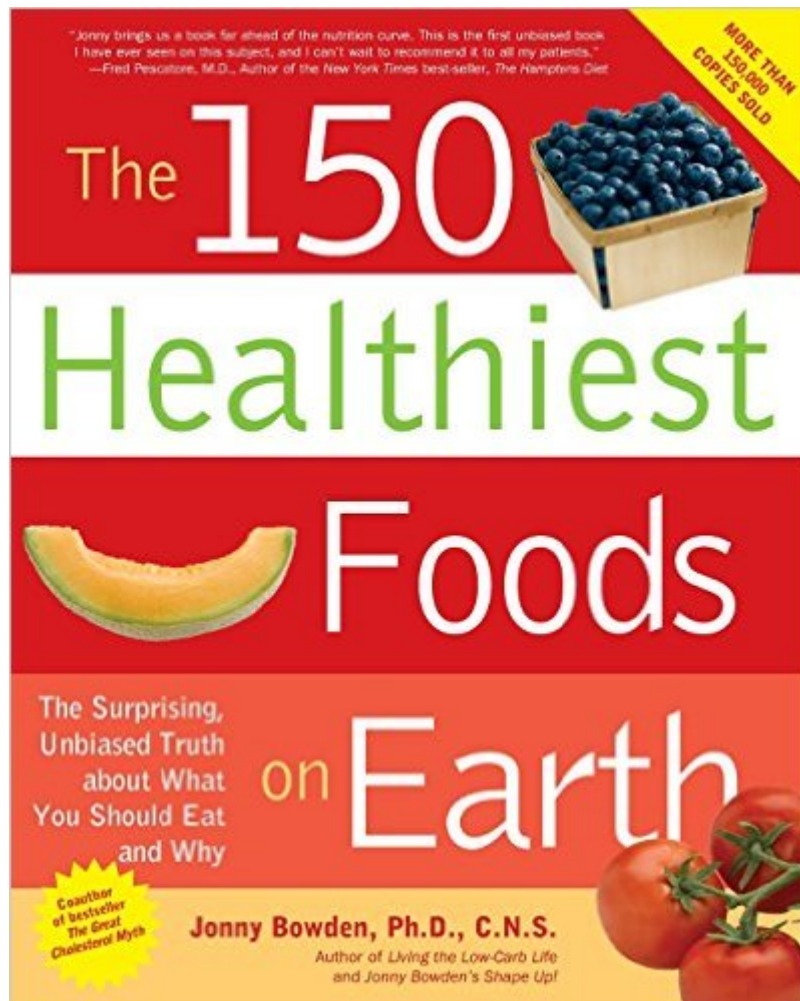


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The 150 Healthiest Foods On Earth: The Surprising, Unbiased Truth About What You Should Eat And Why



Synopsis

A complete guide to the healthiest foods you can eat - and how to cook them! Why get your nutrients from expensive supplements when you can enjoy delicious, nourishing foods instead? From almonds to yucca, readers will find out what nutrients each of the 150 featured foods contains, what form contains the most nutrients, if it's been recommended to combat any diseases, where to find it, how to prepare it, and how much to eat - plus wonderful recipes using these sometimes obscure foods! Indexes by nutrient, by disease, and by food make finding what you need a snap, and the at-a-glance format makes the information as easy to digest as the foods themselves.

Book Information

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Customer Reviews

`The 150 Healthiest Foods on Earth' by Jonny Bowden, Ph.D., C.N.S. is the latest and best of the healthy eating genre, the `best foods' book. Earlier entries in this category are `Superfoods' by Steven Pratt, M.D. and Kathy Matthews and the '12 Best Foods Cookbook' by Dana Jacobi. Bowden's book is different in three directions from these other volumes. First, it contains no recipes. This is little loss, as the second difference, the much longer list of `good' foods more than makes it up. One can quite easily find good recipes for these foods by yourself. For starters, just get Pratt and Jacobi's books! The third difference is that the author has many comments on what is NOT good for you, what you should avoid, as well as the many things you should search out. The very best news in this book is the revelation (or confirmation, if you are up on your nutritional news flashes) that coffee, wine, butter, eggs, chocolate, cinnamon and watermelon are GOOD FOR YOU! One of the biggest surprises is that most soy products and many milk products (although NOT

cheese and yogurt) are NOT good for you. Weak soy products include soy milk and tofu. Fermented soy products such as miso, like so many other fermented food products (yogurt, Kimchee, cheeses and sauerkraut) are still valuable, enhanced by the friendly bacteria responsible for the fermentation. In spite of all the great news about some guilty pleasures, Bowden gives no relief for the bread and pasta lovers among us. It seems that grains such as wheat and rice, no matter how 'unfussed about with', are high in 'empty calories'. Processed white grain and their wheats come off as being close to being poisonous! I'm exaggerating, of course, but I sometimes have the feeling that our good Dr.

This is a beautifully presented book, a pleasure to look at with its crisp photos and clean layout. The content more than matches the promise of the aesthetics - it's packed with all sorts of gems, including: * "Ask the Expert" top 10 food lists from various authorities who are either health writers or practitioners* starred entries within the list of 150 foods, designating the cream of the crop* a glossary that helpfully defines various nutrients, hormones, diseases, etc* mini-lessons on such hot topics as the glycemic index, differentiation of fats, and eating organically* interpretation of foods from homeopathic, Ayurvedic, and yoga nutritional therapy perspectivesThe 150 selected foods are organised into chapters by food genres: Vegetables; Grains; Beans & Legumes; Fruits; Nuts, Seeds, and Nut Butters; Soy Foods; Dairy; Meat, Poultry, and Eggs; Fish and Seafood; Specialty Foods; Beverages; Herb, Spices, and Condiments; Oils; and Sweeteners. Each food listing carries an explanation of which nutrients makes it a winner, why these nutrients are so good for us, who in particular would benefit, and who's at risk and so should avoid that particular food. Jonny even frequently provides tips on selection and preparation. So much of the information is fascinating, and often surprising. Discover that cashews are a member of the poison ivy family, while eggplant is actually a berry and falls into the nightshade grouping. Learn that raspberries are calorie for calorie one of the most high-fibre foods on the planet, and that spinach and tomatoes are great for your eyes thanks to the lutein in them.

Eat this food, it'll make you healthy. Oh, wait a minute, that was yesterday's news. Actually, make sure you DON'T eat this food because it's not as good for you as we previously thought. Don't worry because we may change our minds again tomorrow, though, so keep checking back! Do you find your head spinning round and round at all the relentless health claims you hear bantered about in the news just about every single day? Who among us has the time to keep up with it all? Do we really care? While the information that comes out about the latest research on the various foods we

eat can sometimes be humorous in its perplexing contradictions, the sincere desire by most people to eat right for the sake of maintaining their weight and health is certainly no laughing matter to them. Especially for those tens of millions of Americans who suffer from health threats such as obesity, diabetes, cancer, and heart disease, among other things, getting the right information about what to eat could very well mean the difference between living a few years longer or dying a tragic premature death. This is a sobering thought that should be seriously examined by all those who are in charge of providing health information in America. Enough with all the hyperbolic innuendo every time a new study about the healthy benefits of a new food comes out! All we want is to be told the truth about what foods are genuinely good for us, not constantly spoon-fed more of the same old mumbo jumbo garbage science we often hear from the plethora of company-financed studies from those who have a vested interest in a specific outcome. There's a reason why they pour millions of dollars into this supposedly impartial undertakings--profits at the hands of the public's ignorance!

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