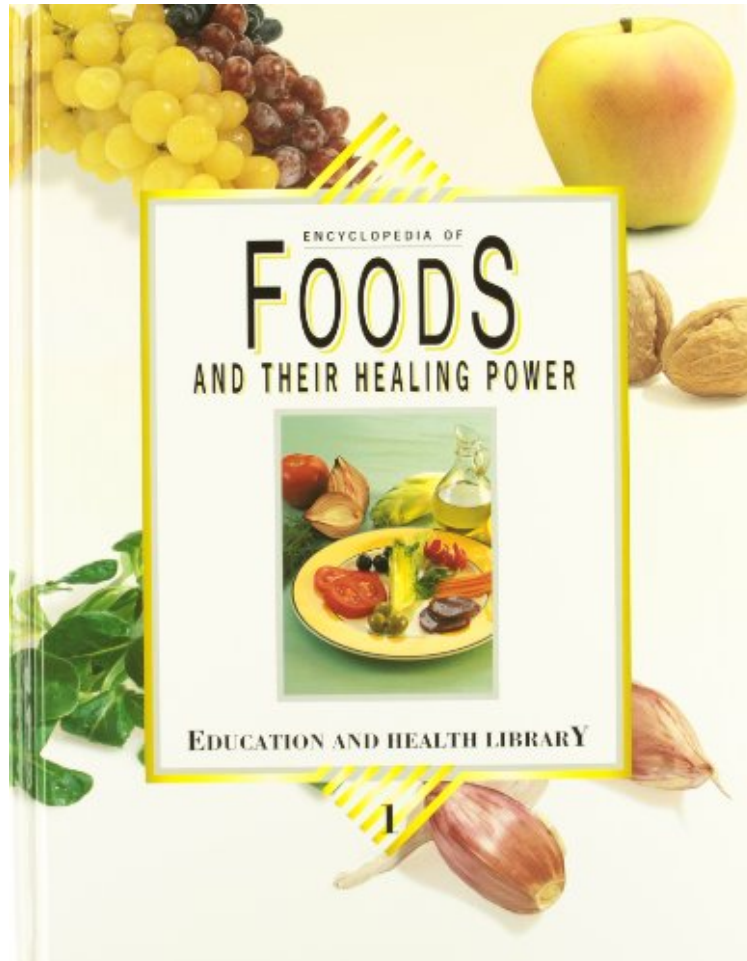


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## Encyclopedia of Foods and Their Healing Power (3 Volume Set)

*Dr. Pamplona-Roger*

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**Dr. Pamplona-Roger : Encyclopedia of Foods and Their Healing Power (3 Volume Set)** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Encyclopedia of Foods and Their Healing Power (3 Volume Set):

3 of 3 people found the following review helpful. A Terrific Investment for HealthBy Garden GalAll you need to understand and possibly cure most of your ills is included in this 3 volume set. It's a reference work I know I will have around for a long time. Volume I covers various foods. Chapter 5, for example, consists of 14 pages covering legumes, their nutritional content, how to grow them, the prevention of gas before eating them, how to cook them, their benefits and drawbacks, sprouting techniques, a comparison of legumes of the world and more. As another example, Chapter 11 has 38 pages covering milk and dairy. The opening pages of Volume I are important in that they show how to use the books. There is also a Foods index as well as a Diseases index in the opening pages. Volume II generally highlights various diseases, how they may arise from diet and foods to eat that may help to alleviate symptoms. Volume III is more or less a recipe book. All and all I feel that this set is extremely valuable. It is well-researched. At

the back of Vol. I there are 10 pages of footnotes indicating sources. 5 of 5 people found the following review helpful. WOW!! By Jazzy Jeanne This encyclopedia is totally worth the price. A noted doctor acquaintance highly recommends it, and we can see why. The books are full of helpful information that is well laid out; and they are beautifully made of the highest quality materials I've ever seen in any book. I'm a big-time book lover and have an extensive library. If I had to downsize and shrink my library to only a few books, this encyclopedia would stay among them. 0 of 0 people found the following review helpful. Although the book is very useful, I cannot look up the references in Volume ... By JanI received only Volume 2 from this seller. Although the book is very useful, I cannot look up the references in Volume 1 or 3 as I don't have them. There was a \$3 sticker on the book so it was bought at some place like Goodwill. I knew it would be used but the \$3 sticker makes it even more outrageous that I paid \$69 for the three volumes and only received one. I wrote to the seller a few weeks ago but have heard nothing so I am writing this review because it was a rip off. I have never written a bad review in my life. If I receive the other two volumes with an adequate explanation, I will redeem the seller in another review.

Wholesome foods, harmful foods A broad and up-to-date encyclopaedia, in which the latest research on the science of foods, nutrition and dietetics is presented. It presents 150 diseases, with an indications of the foods whose amount must be increased or reduced in each case. You will learn the advantages and disadvantages of all types of foods. You will be able to prevent and cure most of them, thanks to the 700 monographic food-by-food data boxes encompassing the whole world. Over 300 diets with suggestions of what should be had for breakfast, lunch and dinner.