FOODS THAT HARM, FOODS THAT HEAL

UPDATED BEST SELLER EXPLAINS WHAT TO EAT AND WHAT TO AVOID FOR OPTIMUM HEALTH

Whether you have depression or flatulence, jet lag or ADHD, the foods you consume can ‘help or hinder’ across a broad range of conditions. In fact, your intake of everything from caffeine to chocolate, carbohydrates to corn syrup, will directly affect your health.

The pioneering blockbuster FOODS THAT HARM, FOODS THAT HEAL (7 million copies) has now been updated for a new generation. It draws on the latest scientific research to explain the vital, specific links between the food we put into our bodies and our health.

“It’s also important to understand that our food supply has been evolving, with many foods now fortified or enriched with added nutrients – from omega-3s in eggs to prebiotics in breads,” notes consulting nutritionist, Suzie Ferrie.

“And it’s also important to realise that you can use foods to help make you better, and you can avoid certain foods to stop being unwell. This book clearly explains the specific foods and the specific health issues involved, in a very practical, user-friendly way.”

EATING FOR OPTIMUM HEALTH

• The totally updated edition of Foods That Harm, Foods That Heal is divided into three main sections: Nutrition, Foods and Ailments.

• The Nutrition section explains how to find the right balance of carbs, fats and proteins; how to know if you need a multivitamin or dietary supplement; preserving nutrients during cooking; and it even addresses concerns about pesticides in our foods.

• The second section of the book is an A-Z listing of more than 170 foods, with the latest advice on how they can improve health and remedy specific conditions. This section also looks at healthy portion sizes, as well as buying and storing tips.

• The third section delivers an alphabetical listing of more than 100 ailments including allergies, anxiety, arthritis and asthma, all the way through to sleep disorders, stress, stroke and varicose veins. From health issues as common as a cold, to as serious as cancer, the book explains which foods can cause or exacerbate a problem, as well as the ones which can prevent or treat it.

• There are also special features and fascinating facts, such as eating well while travelling, knowing whether probiotics are worth it (for you), and the differences between so-called ‘energy’ bars.


INTERVIEWS

For more information – and to arrange an interview – contact Ellen Wesseling, Reader’s Digest Books on 02-9018 6250 or ellen_wesseling@readersdigest.com