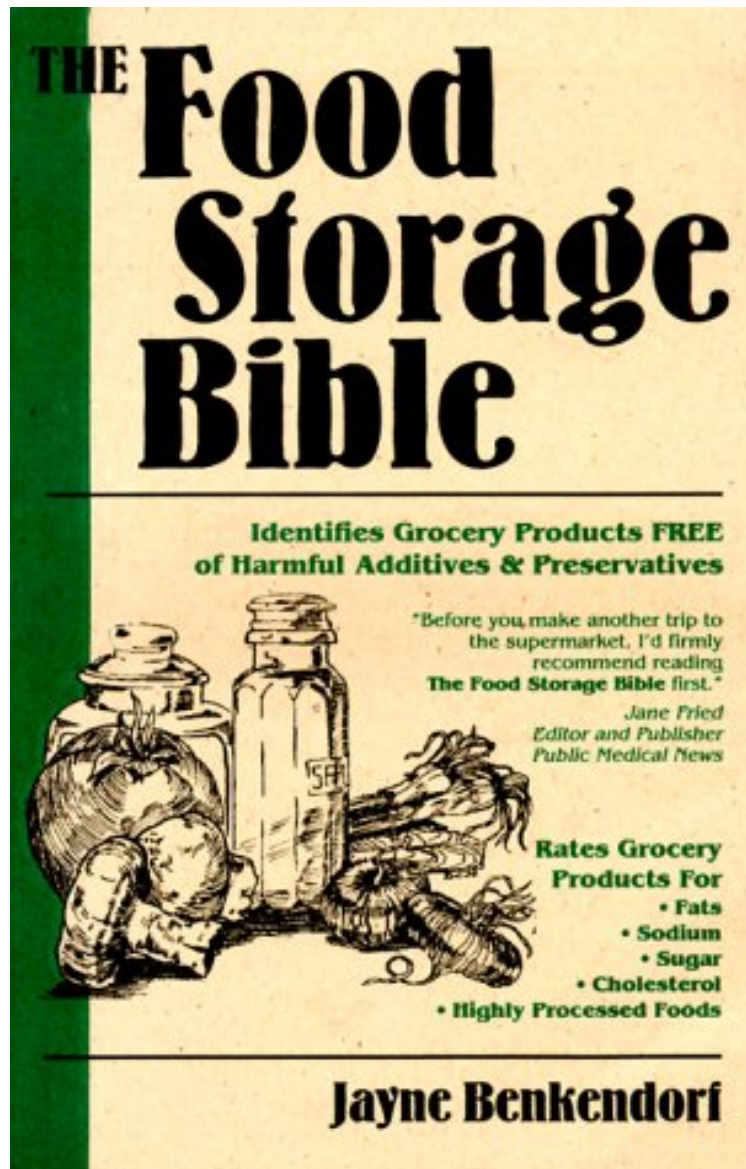


(Ebook pdf) The Food Storage Bible

## The Food Storage Bible

Jayne Benkendorf

ebooks | Download PDF | \*ePub | DOC | audiobook



DOWNLOAD



+

READ ONLINE

#3064929 in Books Ludwig Pub 1999-01-22 Original language: English PDF # 1 .81 x 5.59 x 8.531, #File Name: 0965199010368 pages | File size: 29.Mb

**Jayne Benkendorf : The Food Storage Bible** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Food Storage Bible:

5 of 5 people found the following review helpful. The perfect guide for good nutrition from the store. By A Customer Jane Benkendorf has done it! She has done your home work for you. "The Food Storage Bible" allows you to bybass label reading. Each brand name product is listed and graded to help you buy only foods that are free of

unhealthy preservatives, dyes, and any of the other additives that increase cancers and tear down the immune system. When you read this book you will feel like Jane has been shopping with you explaining each toxic item to you on a personal level. I would recommend this book to anyone looking for an easy lesson on food additives and a simple shopping guide. Sandra Swanson Wholesaler Arizona Nutritionals 6 of 6 people found the following review helpful. Title misleading but still great book By A Customer I bought this book while looking for helpful ideas on my own home food storage, so I was disappointed. However the content is still very good and was very informative. I learned a lot about food additives. If you are concerned about just what is in processed foods, this was a good starting reference. If you are looking for guides to help you with setting up and managing your own home food storage, other books have been much more helpful. 9 of 9 people found the following review helpful. Title is a misnomer By A Customer The author obviously put a lot of work/research into the book BUT it really has NOTHING to do with food STORAGE. I feel that the contents, though interesting, do not match the title. I was interested in a book on food STORAGE - not additives, etc...

This book lists approximately 5,000 food products, by brand name, that are free of harmful additives and preservatives. These are products that we use daily or that we store for emergencies, such as unemployment, natural disasters or Y2K. Each product is rated for fat, sodium, sugar, cholesterol, and overprocessing. This book lists the most harmful additives and preservatives and tells what they can do to the body. With this book, the consumer can purchase the most healthful products in the grocery store. Shopping is made easy.

"Dear Jayne, I want to thank you for your efforts in researching and publishing such informative and helpful books. Please take care of yourself so that you can continue to educate me and other readers. In today's world of junk food and untruthful or misleading food labels, we need all the help we can get." -- Susan Langston, San Francisco, CA "Dear Mrs. Benkendorf, I have recently purchased a copy of your book, The Food Storage Bible, which I heard about on American Family Radio Station in Forest, Mississippi. I had given up on trying to keep up with the names of harmful preservatives in foods and reading labels. I was so excited when I began to read The Food Storage Bible. Your system of identifying and categorizing has really made it possible for me to focus again on eliminating, or at least limiting, harmful substances from my foods." -- June Watson, Ridgeland, MS From the Author Additives and preservatives weaken the immune system. When the body must fight foreign invaders such as unnatural chemicals in our foods, this weakens the body's defense. We are seeing more allergies in children, arthritis in younger and younger people, osteoporosis is rampant, depression and anxiety are prevalent, and on and on. Can additives and preservatives in our foods have an impact on these problems? I firmly believe they can - and do. Also, many of our food products tell us they are low fat or even fat free, yet they may be very high in fat. People who need to watch their fat intake are eating these products thinking they're eating lowfat, but in reality may be eating a great deal of fat. Whether we purchase products from the grocery store to use today or to store for the future, for better health, let's choose those without harmful additives and preservatives. They're on our grocery shelves - next to those that aren't as healthful. From the Back Cover \* Searching for good, healthy foods? \* Tired of trying to read all of those tiny labels in grocery stores? \* Want help from an expert who has made a wall-to-wall inventory of grocery food labeling? THEN, THIS BOOK IS FOR YOU! No more do food labels need to remain a mystery. Cut through the confusion, uncertainty, half-truths and chemical names with Jayne Benkendorf as your trusted guide. THIS BOOK CAN BENEFIT YOUR HEALTH! I highly recommend The Food Storage Bible, and I wouldn't consider any kitchen complete without a copy close at hand. Susan Sturm, Ph.D. I firmly believe in the principle that basic medicine should come from the farm and not the pharmacy. Howard E. Hagglund, M.D. The Food Storage Bible eliminates questions for the health-conscious person. Nelda Fister, M.S., R.N.