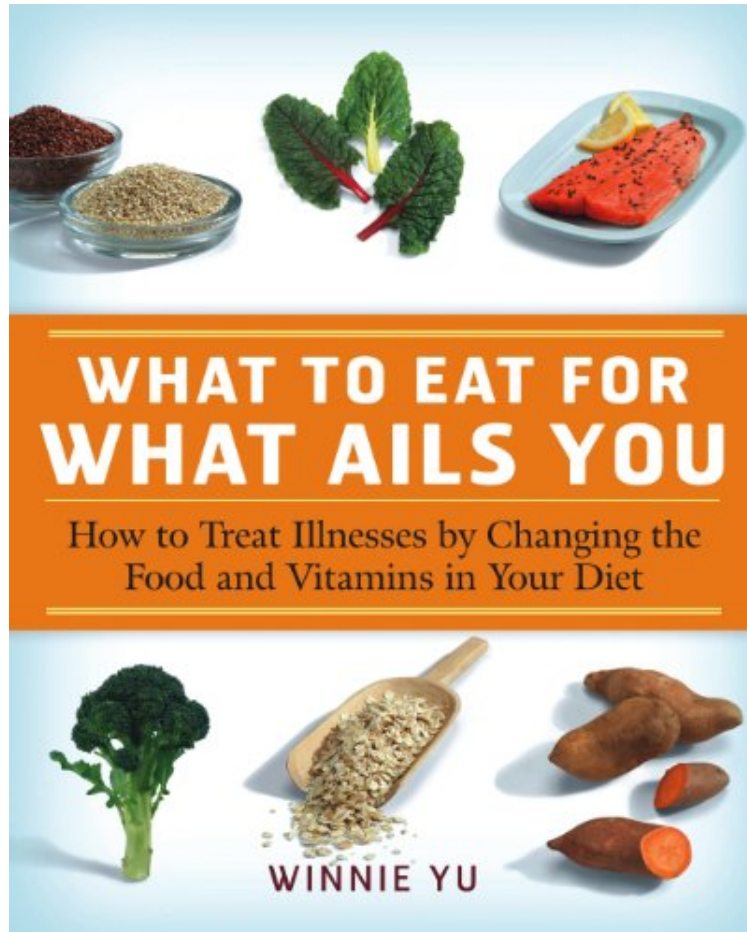


## What to Eat for What Ails You

Winnie Yu

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**Winnie Yu : What to Eat for What Ails You** before purchasing it in order to gage whether or not it would be worth my time, and all praised What to Eat for What Ails You:

0 of 0 people found the following review helpful. Three StarsBy CustomerI have not read it all yet...so no comment. thank you0 of 0 people found the following review helpful. HealthBy HazelI purchased this to use for information reasons. I just wanted to see if there was any thing in this book that I could use. I have enjoyed using this book0 of 0 people found the following review helpful. interesting bookBy Christina FarrIt is very helpful and I will definitely use as a guideline to help out some of my friends and myself. It seems very simple and user friendly.

A comprehensive guide to health conditions, from everyday ailments to serious diseases, and the foods you should eat to help control them.While it seems hard to believe, most doctors, in general, do not provide their patients with a natural health program after diagnosing them with a medical condition. While most illnesses can't necessarily be cured through diet and nutrition, often times you can help to control them, or improve your symptoms by identifying and

avoiding specific foods, as well as lifestyle or environmental factors that trigger flare-ups or aggravate individual conditions. The Encyclopedia of What to Eat for What Ails You is a comprehensive guide to health conditions ranging from everyday ailments, such as bad breath or acne, to uncommon or less known maladies like rosacea and fibromyalgia, to serious diseases such as AIDS and cancer. Each entry in The Encyclopedia of What to Eat for What Ails You offers expert medical and nutritional advice from the respected medical field in which the professional works. The book is arranged alphabetically, and provides a description of the disease, instructs readers on the foods they should eat, the foods to avoid, and also offers suggestions on helpful nutritional supplements.

About the Author Winnie Yu writes health and nutrition for national magazines, such as Woman's Day, Weight Watchers, Redbook, and Fitness. She has a B.A from Syracuse University and lives in upstate New York with her husband and two daughters.