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La Nueva Farmacia Natural: Alimentos curativos para prevenir y tratar más de 75 males comunes (Spanish Edition)

James A. Duke

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¡Las mejores medicinas de la naturaleza se encuentran en su cocina!

Usted ya sabe que las comidas suministran vitaminas y minerales que sirven de combustible para que su organismo lleve a cabo sus funciones más básicas. Los alimentos también son las mejores fuentes de fitonutrientes, sustancias poco conocidas con nombres difíciles de pronunciar--carotenoides, flavonoides e isoflavonas--y poderes terapéuticos asombrosos. Ahora puede aprovechar estos enemigos naturales de las enfermedades gracias a la perspicacia y asesoría del Dr. James Duke, la máxima autoridad en los EE.UU. sobre las plantas medicinales.

El Dr. Duke ha identificado una selección de remedios alimenticios para tratar a toda, desde alergias y fatiga hasta sobrepeso y verrugas. ¿Está luchando contra la presión arterial alta? Beba un poco de té verde, el cual es rico en compuestos naturales betabloqueadores y diuréticos. ¿Siente rigidez en sus articulaciones debido a la artritis? Cómase una granada para aliviar la inflamación. ¿Le preocupa su diabetes? La canela quizás sea de ayuda para mantener un nivel saludable de glucosa en la sangre.

Pero estos ejemplos se tratan sólo de la punta del témpano: aquí descubrirá cientos de remedios aparte de estos, entre ellos: Y cada uno lleva una calificación exclusiva en cuanto a su eficacia, la cual se basa en estudios científicos.

- Una docena de las buenas: las 12 comidas que ofrecen la mayor cantidad de nutrientes--y potencial terapéutico--en cada mordisco
- Las últimas noticias en cuanto a las investigaciones sobre las hierbas curativas, desde las más comunes a las más exóticas
- Recetas fáciles que se preparan con ingredientes básicos para aumentar las defensas naturales de su organismo y acelerar la curación
- Las mejores técnicas culinarias y tips de preparación para conservar el valor nutritivo de un alimento, así como sus sabores naturales

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