



Earl Mindell's Food as Medicine: What You Can Eat to Help Prevent Everything from Colds to Heart Disease to Cancer

Earl Mindell

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There is Good Medicine in Your Kitchen!

Earl Mindell's Food as Medicine clearly shows how common fruits, vegetables, grains, and fish can help you fight, prevent, or treat everything from acne to yeast infection to cardiovascular disease to osteoporosis. Check your kitchen for:

- and **strawberries**, which may deactivate carcinogens •
- preventing clots, and **citric fruits** -- they can protect against heart disease and stroke by •
- , and **albacore tuna** -- they lower cholesterol and are also useful in treatment of arthritis •
- , and **soy products**, which are defenses against breast cancer •
- and **grapefruit** -- known to protect against diabetes •

From fighting aging to easing menopausal symptoms, *Earl Mindell's Food as Medicine* is your tutor as you learn to eat right and stay healthy.

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