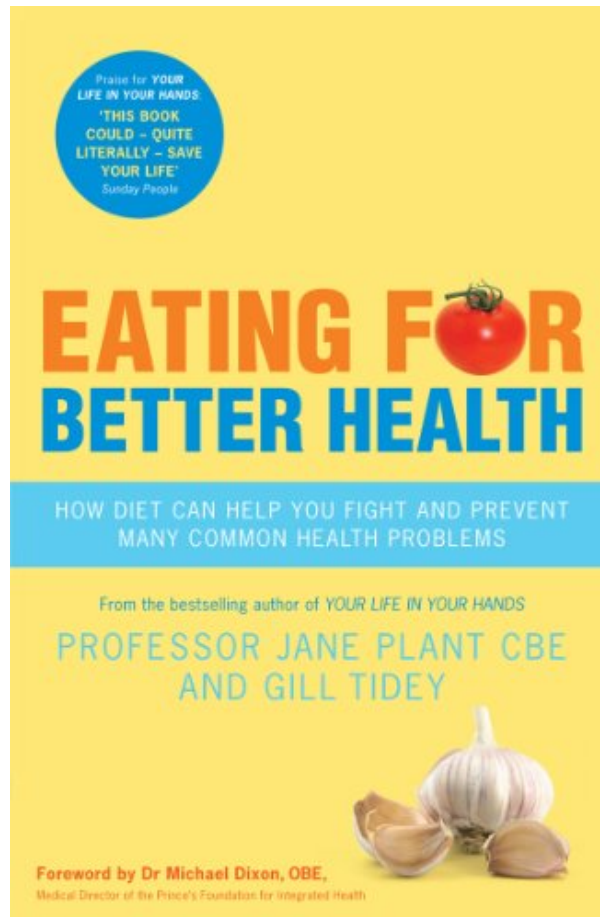


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EATING FOR BETTER HEALTH

HOW DIET CAN HELP YOU FIGHT AND PREVENT
MANY COMMON HEALTH PROBLEMS

From the bestselling author of *YOUR LIFE IN YOUR HANDS*

PROFESSOR JANE PLANT CBE
AND GILL TIDEY



Foreword by **Dr Michael Dixon, OBE,**
Medical Director of the Prince's Foundation for Integrated Health

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Eating For Better Health By Gillian Tidey, Jane Plant. In undergoing this life, many individuals always attempt to do as well as obtain the finest. New knowledge, experience, driving lesson, and everything that could enhance the life will certainly be done. Nevertheless, numerous individuals sometimes really feel confused to get those points. Really feeling the minimal of experience as well as resources to be far better is one of the lacks to possess. Nevertheless, there is an extremely straightforward point that could be done. This is just what your educator always manoeuvres you to do this. Yeah, reading is the answer. Reviewing an e-book as this Eating For Better Health By Gillian Tidey, Jane Plant and other recommendations can enrich your life high quality. Exactly how can it be?

Review

"Amazing. . . . Her message is one that every woman must read." —Daily Mail

"Could change the way you view food forever." —Woman's Health

About the Author

Professor Jane Plant is a professor of environmental geochemistry and the author of *Beating Stress, Anxiety, and Depression*; *The No-Dairy Breast Cancer Prevention Program*; and *Your Life in Your Hands: Understanding, Preventing, and Overcoming Breast Cancer*. Gill Tidey is a dietitian and the coauthor with Jane Plant of *Eating for Better Health*; *The Plant Programme*; and *Understanding, Preventing & Overcoming Osteoporosis*. Dr. Michael Dixon, OBE, is the former medical director of the Prince's Foundation for Integrated Health and the chair of the NHS Alliance.

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EATING FOR BETTER HEALTH BY GILLIAN TIDEY, JANE PLANT PDF

This informative, accessible guide to eating for better health will help you regain control of your health whether you're fighting a chronic condition or want to prevent problems in the future. Bestselling author Jane Plant and dietician Gill Tidey show how eating the right foods can help you manage - and even prevent - a range of other common health problems, including:

- allergies
- heart disease
- high blood pressure
- digestive problems
- diabetes
- skin problems, and many more.

With clear advice on what to eat - and what to avoid - for each of the conditions, and featuring over 200 easy-to-make, delicious recipes to get you on the road to optimum well-being, this is a book for everyone who wants to live a healthier life.

Including a new foreword by Dr Michael Dixon, Medical Director of the Prince's Foundation for Integrated Health and Chair of the NHS Alliance.

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By Missy Lizabeth

This book was very interesting and easy to read. It starts by explaining the current fad diets and why they are so bad for you. Then explains the Plante Program and how eating certain foods can drastically change your mood, health and overall well-being. I especially liked the info on eating to prevent insomnia and diabetes. This book is good for anyone that would like to get away from using prescription drugs to cure everything and maintain a healthy diet. The book includes many easy, healthy recipes and a list of spices that you should keep in your cupboard. I've recommended this book to my family and friends.

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