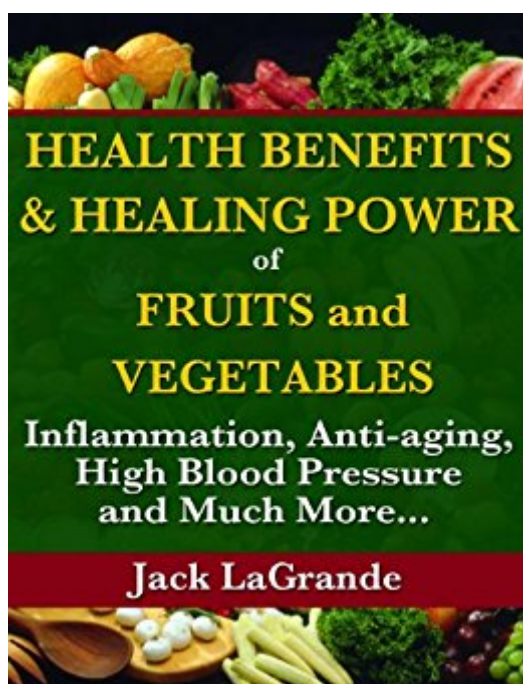


The book was found

# Health Benefits And Healing Power Of Fruits And Vegetables: Inflammation, Anti-aging, High Blood Pressure And Much More...



## Synopsis

Health Benefits and Healing Power of Fruits and Vegetables: Inflammation, Anti-aging, High Blood Pressure and Much More...Jack LaGrande, an author and expert on the health benefits and healing properties of fruits and vegetables, shares in each of his books over 20 years of personal research and juicing experience. In the book "Health Benefits and Healing Power of Fruits and Vegetables", Jack gives documented evidence of how 52 vegetables contain the 25 plus nutrients needed by the body to provide true health and healing. Written in a style that is easy to understand and follow. Consider That Your Body Was designed to filter out toxins, fight against disease and illnesses, regenerate cells and even self-heal, if provided with appropriate nutrients such as, minerals, vitamins, enzymes, fiber, fats, proteins, oils, carbohydrates, and phytochemicals. Health Benefits and Healing of Fifty Different Fruits and Vegetables Click on the What's Inside and It walks you through an example of Crimini Mushroom highlighting its health benefits and possible prevention/treatment of different health problems. It also shows you the different nutrients within each fruit or vegetable that provide a high or good amount of your daily needs. In addition there is a link to each nutrient. The book also highlights some of the research done on each of the fifty fruits and vegetables. Health Benefits and Healing of 25 Different Nutrients The What's Inside walks you through an example of the mineral Selenium found within Crimini Mushrooms highlighting its health benefits and possible prevention/treatment of different health problems. Each nutrient has a link to the best fruits and vegetable for the particular nutrient and also shows other foods that are best for the particular nutrient. For each nutrient like each fruit and vegetable the book highlights some of the research done on each of the 25 nutrients. The Powerful Synergism of Fruit and Vegetables Synergism means that the sum is greater than the parts; or two plus two equals something greater than four. This principle applies to the nutrients we ingest. The combining of different vitamins, minerals, proteins, carbohydrates, phytochemicals, etc. often leads to a more effective combination of nutrients. For example, vitamin E is more effective if it is combined with vitamin C and there are thousands of these relationships between nutrients that take place inside our bodies.

## Book Information

File Size: 16966 KB

Print Length: 398 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 11, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00AN56W36

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #617,462 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #62

in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > High Blood Pressure

#1035 in Kindle Store > Kindle eBooks > Cookbooks, Food & Wine > Special Diet > Healthy

#2090 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Healthy

Living

## Customer Reviews

I read Smoothies: Fabulous Nutrition (Healthy Living) and kept looking for new books that would help me to get healthy. That was when I found this book. This book is more about healthy eating and foods that can help you to get rid of or reduce your risk for a wide range of different things. It's great for anyone that's not just looking to lose weight (though it can help with that as well) but also for anyone that's just looking to get even more healthy. The vitamins and minerals that are in all the different vitamins and minerals that you can find in this book are amazing for your body. They have so many benefits that you've probably never even heard of them all. But these are the reasons that so many people and so many doctors say that you should eat a lot of these foods. Once you've read this book you will definitely agree and you will believe in the great power of these foods as well. When your doctor starts telling you that your health problems are getting better and your cholesterol and blood pressure are going down not to mention all the great benefits for your eyes, teeth, bones, blood cells, brain and every other aspect of your body, you'll be amazed. This book explains 52 different vegetables and explains how they can keep your body healthier and happier than ever. Because these vegetables will provide a wide range of different benefits for your body that will help it to feel and act even better than ever before. And isn't that what you want? If you're looking to lose weight then eating these healthy foods can help you immensely because they cut down on the amount of unhealthy food you eat.

[Download to continue reading...](#)

Health Benefits and Healing Power of Fruits and Vegetables: Inflammation, Anti-aging, High Blood Pressure and Much More... Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Anti Aging: Stop That Clock: 55 Anti Aging Hacks To Stay Young Forever (Anti Aging Diet, Anti Aging Secrets, Anti Aging Drugs) (Fitness Book 1) High Blood Pressure Cure: How To Lower Blood Pressure Naturally in 30 Days (Alternative Medicine, Natural Cures, Natural Remedies, High Blood Pressure ... Cures for High Blood Pressure, High BI) Guide To Anti Aging Skin Care Treatment: Learn All You Need For Treating Aging Skin To Look Younger Than Your Age (Anti Aging Skin Care, Anti Aging Diet, ... Emu Oil, Retinol, Best Eye Cream, Book 3) Pressure Cooker: 365 Days of Electric Pressure Cooker Recipes (Pressure Cooker, Pressure Cooker Recipes, Pressure Cooker Cookbook, Electric Pressure Cooker ... Instant Pot Pressure Cooker Cookbook) Anti-Inflammatory Diet: Beginner's Guide with XL Granny's Recipes (Anti Inflammatory Cookbook, Anti Inflammatory Diet Cookbook, Anti-Inflammatory Recipes, Anti Inflammatory Books, Anti-Inflammatory Diet) ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Blood Type Diet: An Essential Guide For Eating Based On Your Blood Type (blood type, blood type diet, blood type a, blood type o, blood type ab, blood type b, blood type diet success,) Pressure Cooker: Mouthwatering Pressure Cooker Recipes - Granny's Pick Size L Recipes Collections (Pressure Cooking, Pressure Cooker Books, Pressure Cooker Recipe Book, Pressure Cooker Dump Dinner) The Miracle Of Green Tea: Herbal Remedy for Weight Loss, Diabetes, Blood Pressure, Cholesterol, Cancer, Allergies and Much, Much More (Overcome Caffeine ... Tea Benefits, Tea Cleanse, Natural Remedy) Anti Inflammatory Diet: Autoimmune Dinner Recipes: 30+ Anti Inflammation Diet Recipes To Fight Autoimmune Disease, Reduce Pain And Restore Health (Autoimmune ... Disease, Anti-Inflammatory Diet, Cookbook) High Blood Pressure Cure & Aging Well Box Set: How to Lower Blood Pressure Naturally and Make the Best of Your Golden Years Blood Pressure Box set: Blood Pressure Solution - How To Lower Your Blood Pressure & Cholesterol Without Medication, Just By Using Natural Remedies and Diet! Blood Pressure Solutions: Blood Pressure: 28 Super-foods that will naturally lower your blood pressure (super foods, Dash diet, low salt, healthy eating) Pressure Cooker Cookbook: 3 In 1 Box Set - 310 Mouth-Watering and Healthy Pressure Cooker Recipes for Stove Top and Electric Pressure Cookers (Pressure Cooker, Pressure Cooker Recipes) Perennial Vegetables: Vegetable Gardening: 21 Vegetables to Plant Once and Harvest Forever (Perennial Vegetables, Perennial Plants, Gardening, Gardening ... Garden Vegetables, and Vegetable

Gardening) Spiralizer Recipe Book: Spiralizer Recipes for Weight Loss, Anti-Aging, Anti-Inflammatory & So Much More! (Recipes for a Healthy Life Book 2) Anti-Inflammatory Diet: Your Ultimate Guide To Healing Inflammation, Alleviating Pain and Restoring Physical Health With 50 Delicious Anti-Inflammatory Recipes (2nd Updated Edition) Anti Inflammatory Diet: Guide to Eliminate Joint Pain, Improve Your Immune System, and Restore Your Overall Health (anti inflammatory cookbook, anti inflammatory ... recipes, anti inflammatory strategies)

[Dmca](#)