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# Rx prescription for cooking and dietary wellness

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# Rx prescription for cooking and dietary wellness

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**Rx prescription for cooking and dietary wellness** Phyllis A Balch
Rx Prescription for Cooking and Dietary Wellness is a complete and authoritative A-Z source book packed with easy-to-use charts that detail healing foods, herbs, vitamins & juices to quickly see what is essential for each disorder. Read about the astounding research breakthroughs from around the world reporting documented "speed healing" remedies. Plants hold healing powers more effective than any drug against many illnesses and without the unpleasant side effects. The medicines of the future are plants; they are the key to prevention & wellness. Prescription for Cooking and Dietary Wellness discusses how certain chemicals found in foods affect the body, details miracle vegetables and their healing powers with recipes. Science is now finding out what Hippocrates and other doctors have known for centuries: foods often hold healing powers more powerful than drugs. James F. Balch, M.D. and Phyllis A. Balch, C.N.C., are also authors of the bestselling PRESCRIPTION FOR NUTRITIONAL HEALING. They have been featured on television's "America's Vital Signs," hosted by Dr. Peter Salgo. The Balches work as a husband & wife team.

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