



# **Eat Smart, Stay Well: Power Foods that Could Save Your Life!**

*Susanna Lyle*

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# Eat Smart, Stay Well: Power Foods that Could Save Your Life!

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Whether you are looking for help with a particular medical condition or to maximize your intake of essential fats, vitamins, and minerals for optimum health, this is a reference book you cannot be without.

Many of us know the importance of eating a wide range of fruits, vegetables, and nuts. But less well known are the specific beneficial health properties of individual plants. Plant foods are powerful?they can lower your blood pressure, improve brain function, protect against certain cancers, repair nerve damage . . . the key is knowing which plants pack the most punch. *Eat Smart, Stay Well* contains:

- Information on 115 readily available edible plants that will support and strengthen your health and wellbeing;
- Detailed analysis of what is in the plants and their specific benefits for a range of health issues;
- Recipe suggestions, which accompany many of the entries, and tables listing plants by specific health benefits for easy reference.

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