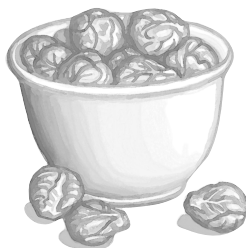


CONTENTS



INTRODUCTION . . . xi

Part One

*Tackle the Big Three: Eat to Beat
Arthritis, Cancer, and Diabetes*

**ARTHRITIS: MAKE NO
BONES ABOUT IT . . . 2**

**Cherries: A Cheery
Antidote . . . 8**

Flaxseed: A Fishy Fix . . . 11

Tea: Bag Joint Pain . . . 15

**CANCER AND ITS
TREATMENT: OUTWIT
A KILLER . . . 19**

**Apricots: A+ Cancer
Protection . . . 27**

**Blackberries: Shield against
Invaders . . . 32**

**Broccoli Sprouts: Mighty
Mini Cancer Fighters . . . 36**

**Brussels Sprouts: Always
on Alert . . . 40**

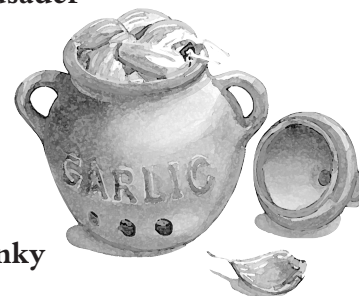
**Cabbage: The Sweet Smell
of Success . . . 44**

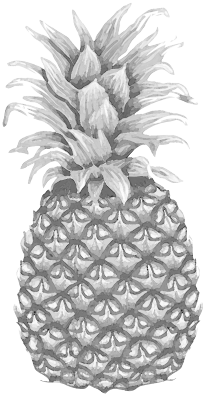
**Carrots: Cancer
Crunchers . . . 48**

**Cauliflower: Crusader
Cousin . . . 53**

**Garlic: The
Anticancer
Clove . . . 57**

**Mushrooms: Funky
Fighters . . . 60**





Okra: Power Pods 64

Papaya: Gift-Wrapped Goodness 66

Pineapple: Lei It On! 70

Radishes: Red-Hot Protection 73

Rosemary: Scented Sentry 76

Sweet Potatoes: Top Taters 79

Tomatoes: Sauce for the Gander 83

Watermelon: Cancer Chiller 87

DIABETES: LOWER YOUR INSULIN RESISTANCE 91

Barley: Pearls of Wisdom 98

Beets: Keep Sugar on the Level 101

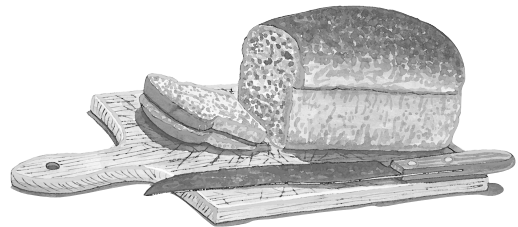
Brown Rice: The Living Color 105

Curry Powder: Sugar and Spice 109

Peas: Starch Blockers 112

Whole Grain Cereal: A Bran New Day 116

Whole Wheat Bread: A Grain of Truth 120



Part Two

*The Healthy Heart:
Beat Ticker Shock*

ANGINA: GET IT OFF YOUR CHEST 126

Grapes: Purple Heart 133

Greens: Leaf the Pain Behind 137

Olive Oil: Fat for Life 141

Oranges: Critical Care 145

Pasta: Heart Lines 150

**Seeds: Ease Ticker
Trouble 155**

**HIGH BLOOD
PRESSURE: DASH
HYPERTENSION 159**

**Bok Choy: Stalking
Potassium 164**

**Celery: Crunch Those
Numbers 167**

**Cucumbers: Nutrient
Hideaways 170**

**Fish: Reel In Big
Benefits 173**

**Milk: Zap High Blood
Pressure 178**



**Potatoes: Potassium
Powerhouses 183**

**Squash: The Color of
Health 187**

**Wheat Germ: E-Z Mineral
Supply 191**

**HIGH CHOLESTEROL:
DUMP THE GUNK 195**

**Avocados: Lower
Cholesterol
Fruitfully 200**



**Beans:
Cholesterol
Tamers 206**

**Canola Oil: The Heartiest
Oil 210**

**Chives: Make Cholesterol
Dive 215**

**Chocolate: Chipping In
with Health Benefits 218**

**Fennel: Fend Off Heart
Disease 223**

**Margarine: The Super
Sub 227**

**Nuts: Nonpareil
Nuggets 231**

**Parsley: Garner Health
Gains 237**

**Peanut Butter: Fountain
of Youth 239**

**Pomegranates: Ancient
Healers 242**

Soy: Lower LDL246

Part Three

Tummy Troubles: Eat to Calm the Turmoil

CONSTIPATION: GET A MOVE ON256

Figs: Figure on Fiber260

Lentils: Quick Fix for Constipation263

Nectarines: Fiber without the Fuzz266

Prunes: Pretty Is as Pretty Does269

Raspberries: Glittering with Good Health272



Wheatberries: Nutty Nutrition Nuggets276

DIARRHEA: SUBDUE THE STORM280

Artichokes: Feed Your Friendly Bacteria284

Bananas: Helping Hands288

Horseradish: A Toxin Terminator291

Turkey: Gobble Up the Nutrition294

Yogurt: Live, Active Protection298

IRRITABLE BOWEL SYNDROME: SOLVE YOUR PERSONAL PUZZLE302

Apples: Roughage from Eden306

Chiles: Red-Hot Help for Your Gut309

Green Beans: Jack-of-All-Nutrients313

Pears: Unparalleled Fiber316



**Quinoa: A Mini Grain with
Maxi Goodness320**

**STOMACHACHE: THAT
SETTLES IT323**

**Cinnamon: The New
Old Spice326**

**Ginger: Good for What
“Ales” You329**

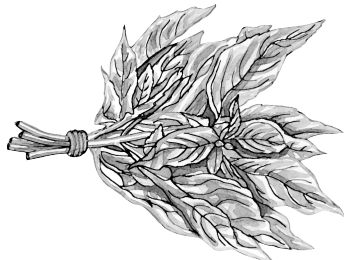
**Mint: Cool under
Fire332**

**Olives: Sun-Kissed
Protection335**

**ULCERS: FIGHT
BACK339**

**Asparagus: Spear-ited
Healing344**

**Basil: Aroma
Therapy348**



**Onions: A Slice for
Life351**

**Peaches: Cling to the
Benefits355**

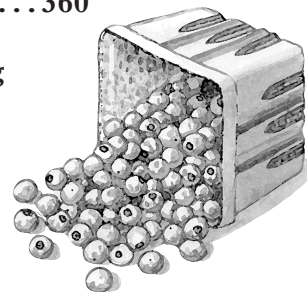
Part Four

*Ahead of the Game: Face
the Future with a Smile*

**MEMORY LOSS: BUILD
TOTAL RECALL360**

**Blueberries: A Jog
Down Memory
Lane365**

**Broccoli: The
Green for Your
Gray Matter368**



**Eggs: Memory
Jump-Starters372**

**Red Wine: Mind-Body
Elixir377**

**Spinach: A Green Light for
Mind and Sight382**

**GUM PAIN: CLEAN UP
YOUR ACT387**

**Cantaloupe: The Now-and-
Later Healer392**

**Cheese: Plaque
Buster396**

**Grapefruit: Good for Gum
Repair 401**

**Kiwifruit: Mighty
Midget 404**

**Strawberries: Rehab Your
Gums 408**



**VISION LOSS: READ
THE WRITING ON THE
WALL 412**

**Bell Peppers: A Sight for
Sore Eyes 415**

Corn: Look Sharp 419

Kale: Eyes Right! 422

**Mangoes: Magic for
Your Eyes 426**

**Pumpkin: The Vision
Veggie 430**

Part Five

*Girl Talk: Harness Your
Raging Hormones*

**MENSTRUAL PROBLEMS:
RESET YOUR
CYCLE 436**

**Beef: The Iron
Chef 441**

**Chicken: Health
Wizard 446**

**Pork: The Meat
Factor-y 450**

**Raisins: Energizer
Buddies 453**

**Shellfish: Seaside
Treasures 456**

**URINARY TRACT
INFECTIONS: FLUSH
NATURALLY 462**

**Cranberries:
Drink to Your
Health 467**

INDEX 471

