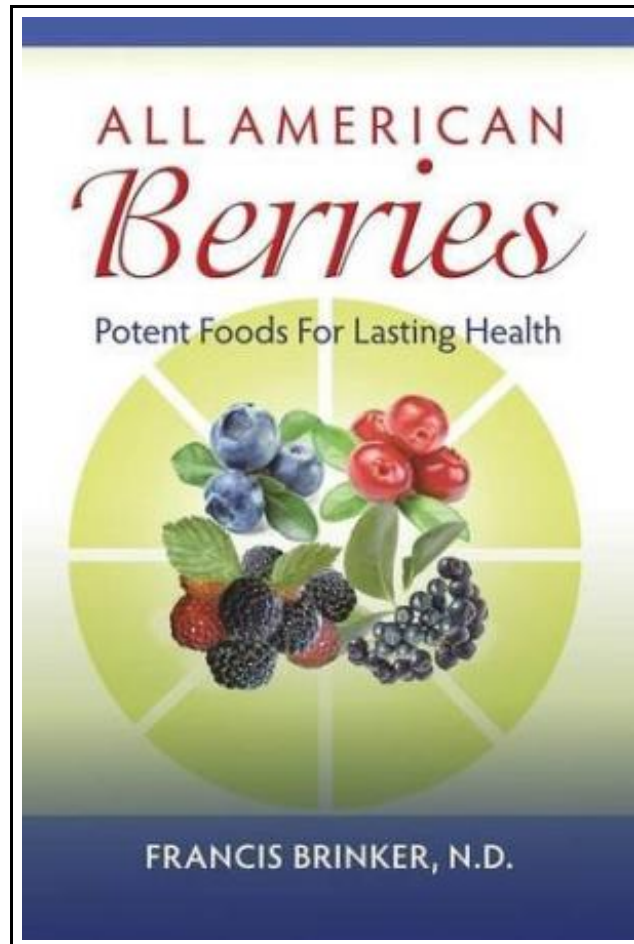


All American Berries - Potent Foods for Lasting Health (Paperback)



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Reviews

This ebook is wonderful. It really is written in simple words and phrases rather than difficult to understand. Your daily life span will be changed the instant you complete looking at this pdf.

(Kale Bayer)

ALL AMERICAN BERRIES - POTENT FOODS FOR LASTING HEALTH (PAPERBACK)



Eclectic Medical Publications, United States, 2015. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Dr. Brinker s All American Berries is the first compilation of scientific research on health benefits available from eating blueberries, cranberries, black raspberries and black chokeberries. Science shows these berries to be useful in health conditions from urinary tract infections to metabolic syndrome, cardiovascular disease to cancer. Concise, useful summaries join with hundreds of research articles in this beautifully written, accessible and compelling book that blends botany, pharmacognosy and naturopathic principles. Dr. Brinker not only provides the health benefits of each type of berry, but identifies the constituents responsible for their tremendous healing and/or disease protective properties. Inflammation and oxidation are at the center of aging and many disease processes. Yet, in these delicious and accessible berries a full array of nutrients that nourish, detoxify, and support our health is available. These North American native berries are antioxidant-rich superstars for promoting health and longevity. This book is a must-have reference for everyone interested in natural health and comes recommended by John D. Mark, M.D., Stanford University School of Medicine; Randy Horwitz, M.D., Ph.D., Medical Director of the University of Arizona Center for Integrative Medicine; Roy Upton, R.H., Dip.Ayu., Executive Director of the American Herbal Pharmacopoeia; James L. Wilson, D.C., N.D., Ph.D. in human nutrition; Louise N. Edwards, N.D., L.Ac., National University of Health Sciences and Bastyr University; Glen Nagel, N.D., National College of Natural Medicine; David Rakel, M.D., Founder and Director of University of Wisconsin Integrative Medicine Program; and Aviva Romm, herbalist, M.D., Yale School of Medicine.



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