



Our Food Dilemma: Dangerous Foods, Junk Foods, and Superfoods Do You Know Which Is Which and Why (Paperback)

By Dr Francis J Trapani, Dr Frank J Trapani

Booksurge Publishing, United States, 2006. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is a must have for every household. It will guide you through the important facts you must know about the foods that are available for your family, both the good and the bad, and will answer your questions about why . Within the following chapters you will learn what you need to know about food, what it contains and its relationship to your health: The Immune System; Cancer; Cardiovascular Disease; Mental and Emotional Illness; Meat; Dairy; Food Additives and Bowel Health; Vitamins, Minerals and Food supplements.



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