



Discover how to
LOSE WEIGHT EASILY—with
these “fat-blowers” seeds—see page 27 inside



FIGHT DIABETES—
with wine and beer—see page 11 inside



AVOID HEART DISEASE—
with nuts—see page 26 inside



SLASH CHOLESTEROL—
with cinnamon—see page 25 inside



Lower your risk of
BREAST CANCER—see page 18 inside



SAVE A SMOKER'S LIFE—
or even your own— with watercress—
see page 35 inside

NEW from Prevention

The MD's Guide to HEALING FOODS

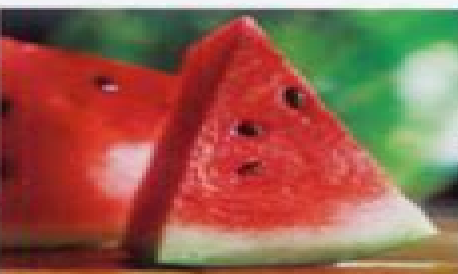
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hundreds of conditions—
with delicious foods!



END FLATULENCE—
with baking soda—see page 9 inside



The 6-cherry **REMEDY**
FOR GOUT—see page 9 inside



SLASH PROSTATE CANCER
RISK 82%—with watermelon—
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END ULCERS—with cabbage—
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LIFT YOUR SPIRITS—
with chocolate—see page 14 inside



For PMS **RELIEF**, eat pasta—
see page 16 inside



RESIST COLDS—with yogurt—
see page 10 inside



NATURE'S #1 CANCER
PROTECTION—see page 16 inside

Mds Guide To Healing Foods

Didier Musso



Mds Guide To Healing Foods:

Mds Guide To Healing Foods Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Mds Guide To Healing Foods**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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