



Healing Through Nutrition: The Natural Approach to Treating Illness with Diet and Nutrients

Melvyn R. Werbach

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This book provides the nutritional roots and cures for 50 common illnesses, from the common cold to cancer. A chapter is devoted to each of the 50 ailments, and the book includes: an analysis of dietary factors affecting health and well-being; a suggested healing diet for the 50 illnesses; nutritional healing plans, with recommended dosages for minerals and other essential nutrients; an explanation of vitamin supplements and how they can affect your health; and guidelines on how to plan the right healing diet for you and how to diagnose food sensitivities.

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