



The Healing Powers of Peppers: With Chile Pepper Recipes and Folk Remedies for Better Health and Living

Dave Dewitt, Melissa T. Stock, Kellye Hunter

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Improve circulation

Fight the common cold

Aid digestion

Speed up metabolism

Lower cholesterol

Relieve pain

Millions of fans enjoy the zesty, spicy flavors of chile peppers without knowing the many health benefits they offer. Now the authors of *The Healing Powers of Peppers* engage us with a wealth of scientific and medical information, including personal testimonies about the wondrous and healthful advantages of chile pepper living. In fact, they show us that many cultures have known about pepper power for quite some time and catalog dozens of medicinal recipes for a surprising number of aches and pains.

Peppered throughout this fact-filled book are interesting and quirky bits of trivia about the world of peppers. The authors have also included a tasty selection of hot and healthy recipes for better health and living.

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