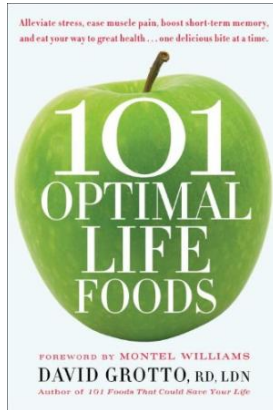


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Bantam. 1 Paperback(s), 2010. soft. Book Condition: New. Rather than reciting a litany of evils in the American diet, nutritionist David Grotto here prescribes everyday foods that can help remedy nutrition and health issues. From headaches to joint pain, acne to anxiety, Grotto addresses 30 of the most common health issues, explaining, for example, how chocolate, tea, and dried plums reduce the signs of aging skin; combining walnuts and cherries can lead to the best sleep of your life; and...

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- Authored by Grotto, David. Williams, Montel, Foreword by.
- Released at 2010



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Reviews

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-- **Kaya Rippin**

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