

INTRODUCTION

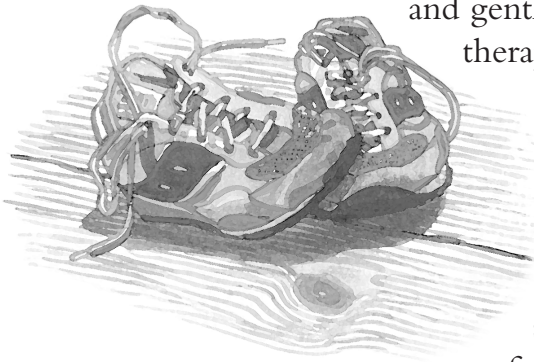


AS A REGISTERED DIETITIAN, I'VE SPENT MORE THAN 25 years counseling people about how to eat better to prevent or manage life-threatening diseases. I have to admit that I get pretty excited when clients dig into lifestyle changes that lower their cholesterol, blood pressure, and blood sugar. Yes, they really do work!

High cholesterol, high blood pressure, and diabetes are just the tip of the iceberg when it comes to the healing power of food. The world of nutrition research has exploded since I was a young R.D., creating a roller coaster ride through parts of our bodies that we never would have imagined were affected by what we eat. Memory loss, vision problems, joint pain, menstrual woes, tummy trouble, and more respond to our daily fare for good or ill, depending on our choices. In short, we have the power!

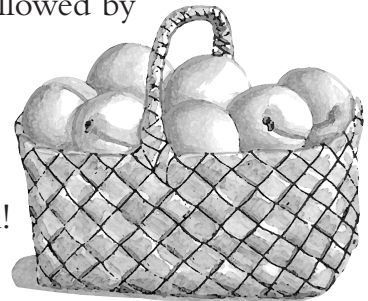
I'm also thrilled by the growing scientific evidence that shows natural, supportive strategies such as massage therapy

(my all-time favorite!), herbal medicine, meditation, and even a healing touch can work wonders to provide soothing comfort and gentle healing. Better still, most of these therapies do it without the side effects of many prescription medicines.



Now don't get me wrong; I think modern medicine is tops. On many occasions, nothing less than the right prescription or life-saving surgery will do. That said, we often opt for pills or the knife when eating better, getting a little exercise, or trying some simple, all-natural remedies would do the trick—cheaper and with fewer side effects.

In this book, I've gathered gentle, healing remedies (some from my bestselling *Kitchen Counter Cures*) for 16 health conditions that threaten us all, plus 98 healing foods that work wonders to prevent or manage those ailments. Each section includes discussions of related conditions, followed by information on foods that have been shown by research to be key players in preventing or treating each one. What's really remarkable about the foods, though, is that all of them are good for more than one condition! They're all multitaskers. Apricots, for instance, are discussed with cancer, but check them out. They also play a part in fighting heart disease, high blood pressure, high cholesterol, stroke, and even yeast infections. *Amazing!*



This consistent crossover gives you a little peek at the reasons that real food—not the processed kind that's had all its important parts removed—does such a bang-up job of battling

would-be health enemies and keeping us in tiptop condition. There is synergy here (you know, one plus one equals three), so the total effect is greater than the sum of the parts. And that's the best news since the introduction of whole wheat bread!

Sure, there are times when individual vitamins and minerals from a pill can really work wonders. Women who may become pregnant, for instance, should take multivitamins that include folic acid to reduce the risk of birth defects, and adults over 50 should get vitamin D from supplements to protect their bones. But modern research has revealed that although vitamins and minerals were among the first nutrients to get our attention, other compounds in food play an equal or greater role in keeping us vigorous and strong and fending off cancer, heart disease, diabetes, and a host of other ills, including the common cold. There's no way you could fit all those ingredients into a pill—and the good news is, you don't have to. Mother Nature delivers the goods in crisp, juicy apples; sweet, luscious blueberries; tangy yogurt; and brilliant bell peppers. Yum, yum!



So if you're ready to ease your aches and pains, stave off disease, and please your palate in the process, you've come to the right place. Read on, my friends, and I'll show you how to turn your kitchen into a healthy, healing place with the new healing foods!

COLLEEN

Colleen Pierre, M.S., R.D.