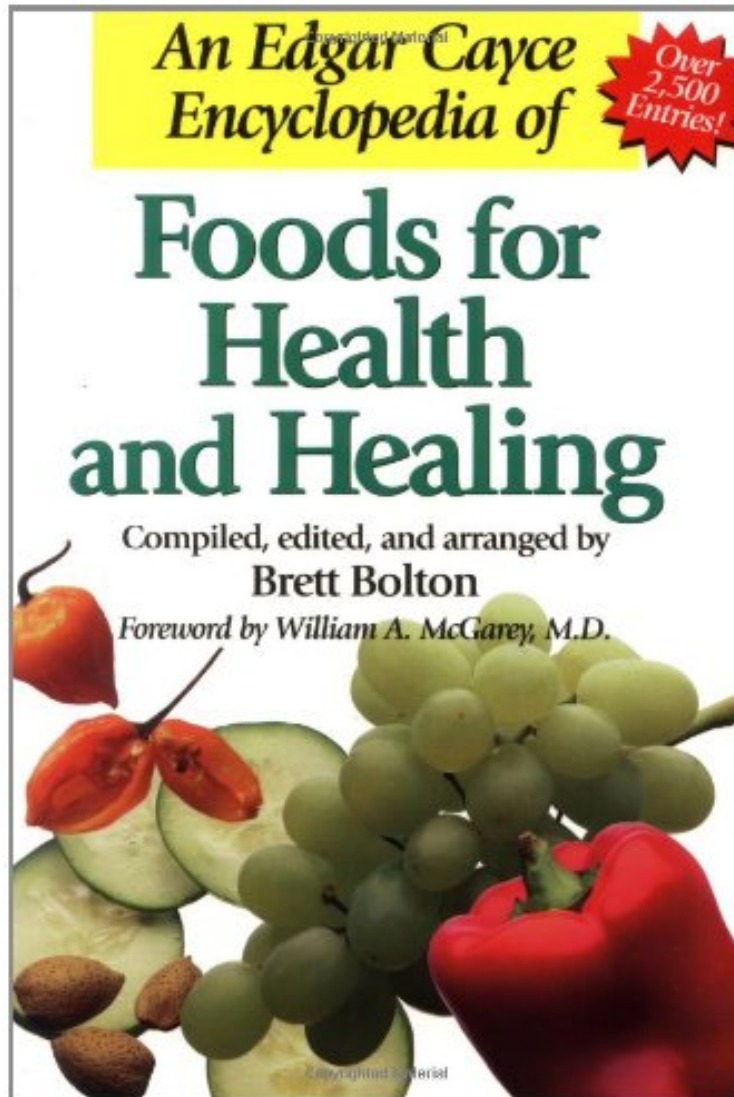


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This is one of the most valuable resources anyone can own to improve health and well-being. With more than 2,500 entries, plus an index by illness, it shows which foods to use and which ones to avoid. It's a handy guide to keep right

in the kitchen for meal planning. Nearly all of the Edgar Cayce readings on food and beverages are excerpted, and a foreword by the renowned physician William A. McGarey, M.D., starts things off. This book is for everyone who cares about his or her health.