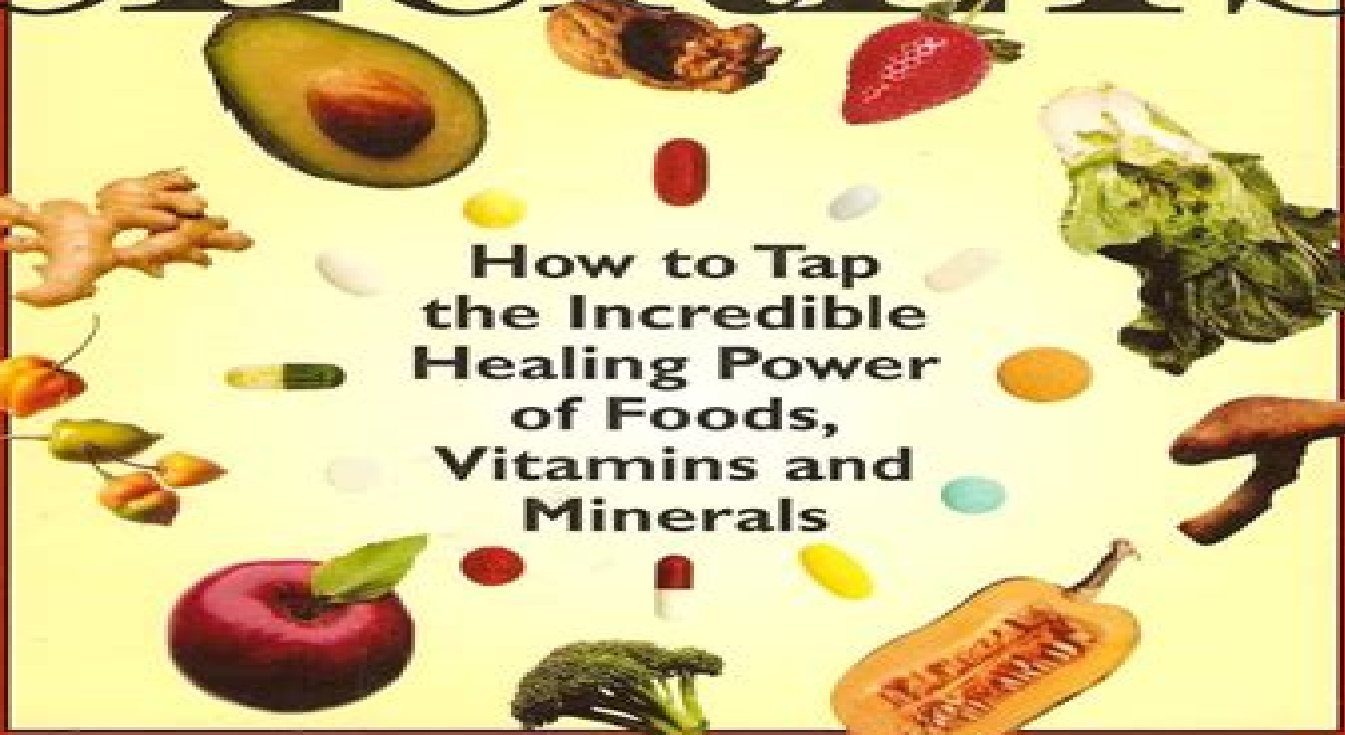


Bottom Line's **Nutrition SECRETS**

A central collage on a light yellow background featuring various items: a halved avocado, a walnut, a strawberry, a head of lettuce, a ginger root, a chili pepper, a red apple, a broccoli floret, a slice of pumpkin, a mushroom, and several colorful pills (red, white, yellow, orange, blue, green).

**How to Tap
the Incredible
Healing Power
of Foods,
Vitamins and
Minerals**

by Felicia Busch

Nutrition Secrets How To Tap The Incredible Healing Power Of Foods Vitamins And Minerals

Felecia Busch



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When it's enjoyed with a nice cup of green tea of course Tea is brimming with special phytonutrients called catechins which research shows may boost the effectiveness of another important nutrient in apples to inhibit blood clots and lower the risk of a heart attack Who knew there were so many benefits beyond such delicious flavor Over the past few years scientists have made a number of dramatic new breakthroughs such as this one Beyond discovering which Super Foods offer maximum health benefits they now know that some nutrients actually work together to unlock your body's full healing potential And the good news is that reaping these benefits can be as effortless as opening your refrigerator Food Synergy is your authoritative guide to harnessing the power of these delicious foods for better health Inside you'll find 12 simple rules to flood your body with powerful nutrients and help you get the amounts you need without supplements Helpful tips for finding the right foods that can actually boost your weight loss efforts Detailed advice about the foods to choose for their healing potential along with shopping and storage advice to make it easy to have them on hand The latest news about four key power foods that help lower LDL cholesterol levels by more than 20 percent the same effectiveness as some statin medications Dozens of simple mouthwatering recipes and meal plans that make it easy for the entire family to eat well

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