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our health and the food we eat, according to Courtenay Smith, executive editor of Reader's Digest. This 2013 edition is a complete update from the first edition published in 1997. “This is a complete guide on what to eat – and what to avoid – for everyday ailments, long-term conditions and overall health concerns,” she said. Reader's Digest “Foods That Harm, Foods That Heal ... Great deals on Reader's Digest Hardcover Books. Get cozy and expand your home library with a large online selection of books at eBay.com. Fast & Free shipping on many items! ... Reader's Digest Foods That Harm Foods That Heal 1997 Hardcover Book. \$2.00. 0 bids. \$4.39 shipping. Ending Dec 17 at 6:44PM PST 4d 23h. Our Glorious Century by Reader ... Reader's Digest Hardcover Books for sale | In Stock | eBay Foods that are easy to digest tend to be low in fiber. Fiber, while a healthy part of the diet, is the part of fruits, vegetables, and grains that isn't digested by your body. For some, it may ... You can finally put an end to food confusion with authoritative advice on more than 500 foods and how they affect your

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Pecans. They're not just for pralines and pecan pie: "People over age 50 may worry about heart disease," says Toby

Amidor, MS, RD, a dietitian in New York, NY and a nutrition partner with American Pecans..

"The unique mix of unsaturated fats, plant sterols, fibre, and flavonoids in pecans all add up to make pecans a heart-healthy nut.

*Foods That Affect Your Sense of Taste | Reader's Digest*

The all-new "Foods That Harm, Foods That Heal" is based on the newest health and nutrition research to uncover the link between our health and the food we eat, according to Courtenay Smith, executive editor of Reader's Digest. This 2013 edition is a complete update from the first edition published in 1997. "This is a complete guide on what to eat - and what to avoid - for everyday ailments, long-term conditions and overall health concerns," she said.

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