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PowerFoods: Good Food, Good Health with Phytochemicals, Nature's Own Energy Boosters

Stephanie Beling

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"Everyone should read *PowerFoods* and take Dr. Beling's words and recommendations to heart. The science of nutrition is in the midst of a revolution, with the latest discovery that fruits, vegetables, and nuts contain thousands of phytochemicals that protect against disease and stimulate immunity. *PowerFoods* presents the latest research on these health-enhancing compounds in an easy-to-read style. More importantly, the book provides practical tips for selecting, purchasing, preparing, and enjoying a variety of the most nutritious foods nature has to offer."
--Elizabeth Somer, M.A., R.D., author of *Food & Mood, Nutrition for Women,* and *Nutrition for a Healthy Pregnancy*

"*PowerFoods* is a jam-packed reference that is authoritative, important, and an invaluable must-read book for self-help and self-care. Dr. Beling introduces us to phytochemicals, teaches us which foods contain concentrated qualities and provides us with delicious recipes for putting this information to work."
--Ruth S. Jacobowitz, author of *150 Most-Asked Questions About Menopause* and *150 Most-Asked Questions About Osteoporosis*, and a trustee of the National Council on Women's Health

"You are what you eat" is no longer a cliché. It is a scientific fact.

From the former medical director of America's preeminent spa, Canyon Ranch, here's a scientifically sound way to boost your immune system, stave off cancers, and prevent heart disease with foods found right in your grocery store. In *PowerFoods*, Dr. Stephanie Beling introduces readers to *phytochemicals*, disease-fighting dynamos found in all plant foods, from garlic to grapefruit, from raspberries to rutabagas. She explains what they are, how they work, and the best ways of getting more of them into every meal. The 140 easy, great-tasting recipes developed by two top chefs encourage you to put PowerFoods first.

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