



Gillian McKeith's Food Bible: How to Use Food to Cure What Ails You

By Gillian McKeith

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Gillian McKeith's Food Bible: How to Use Food to Cure What Ails You By Gillian McKeith

From the author of the 2-million- copy international bestseller *You Are What You Eat* comes the essential guide to health and nutrition

The celebrated clinical nutritionist, author of the internationally bestselling *You Are What You Eat*, and host of the BBC America show of the same name offers a comprehensive and fully illustrated guide to the health effects, uses, and benefits of the foods we eat and how nutrition affects our general health, aging, ability to fight disease, and quality of life. *Gillian McKeith's Food Bible* is as user-friendly as it is thorough, featuring food based treatments for common illnesses and diseases, from arthritis to diabetes and chronic fatigue syndrome to migraines. For example:

- Almonds can assist in weight loss.
- Wild yams help promote fertility.
- Berries, spinach, romaine lettuce and broccoli combat dry skin by stimulating oil and collagen production.
- Tomatoes contain an antioxidant that can help prevent cancer.

Gillian provides cutting-edge Food Action Plan Prescriptions incorporating the right foods, herbs and quick tips for over 100 everyday ailments. The solutions in this book are tried and tested and based on more than 15 years of consulting with clients in private practice. *Gillian McKeith's Food Bible* will completely change the way you think about food.

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Editorial Review

Review

"[The] diet sensation of the decade."—*Daily Mirror*, UK

"[McKeith's] no-nonsense weight-loss plan has produced real results."—*Now*, UK

About the Author

Gillian McKeith, Ph.D., is the internationally acclaimed clinical nutritionist and director of the renowned McKeith Research Centre in London. Her extensive clientele includes professional and Olympic athletes, members of the royal family, and famous celebrities. Dr. Gillian is the presenter of **You Are What You Eat**, a smash hit prime-time TV show in the UK, and the author of the number-one bestselling book **You Are What You Eat**, which is now being translated into other languages around the world. She is also the author of **Living Food for Health** (Piatkus/Basic). Raised in Scotland, Gillian now travels extensively, giving lectures and seminars to packed audiences.

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