

# Doctor, what Should I Eat?: Nutrition Prescriptions for Ailments in Which Diet Can Really Make a Difference

Isadore Rosenfeld

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Doctor, what Should I Eat?: Nutrition Prescriptions for Ailments in Which Diet Can Really Make a **Difference** Isadore Rosenfeld

Cutting through nutritional hype, myths, trends and complex information the author offers specific food recomendations to treat more than 50 common health problems and conditions.



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