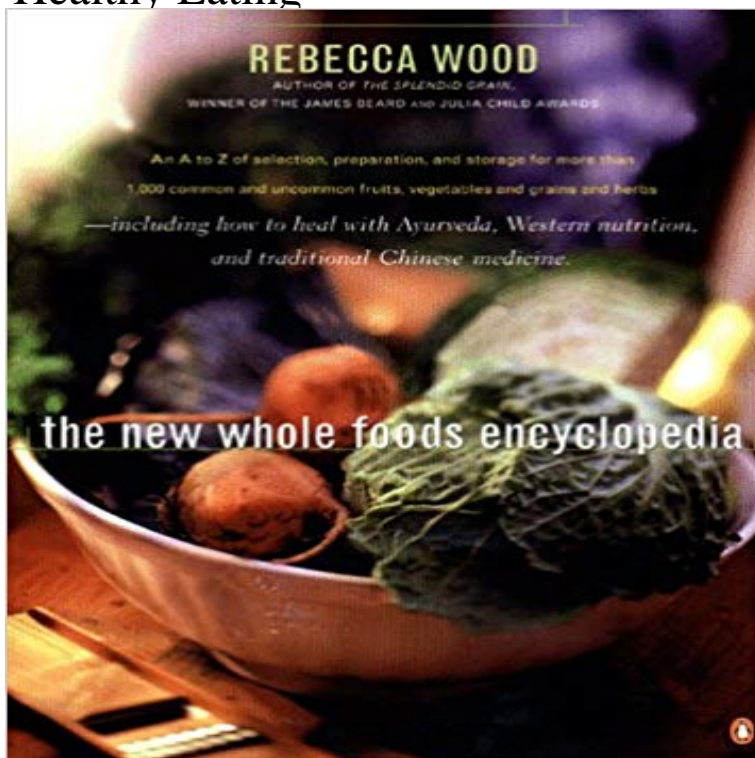


The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating



The one-of-a-kind encyclopedia of natural, whole foods that shows you how to eat right and feel better. To a large degree, the quality of what we eat determines our health, and many cultures understand that food is the best medicine for what ails us. Arranged alphabetically, fully cross-referenced and indexed, and illustrated with line drawings, The New Whole Foods Encyclopedia provides information on how to select, prepare, store, and use medicinally more than 1,000 common and uncommon whole foods, from acorn to zucchini and aduki (a healthful Japanese bean) to zapote (a tropical fruit). Sidebar anecdotes, unique recipes, historical background, and a complete glossary of terms also contribute to the book's modern, user-friendly format. For three decades, Rebecca Wood has conducted workshops and seminars on whole foods cookery and the properties of foods according to Western, Ayurvedic, and Chinese models. The New Whole Foods Encyclopedia shares her wisdom with a new generation of readers at a time when the benefits of holistic medicine are being recognized by the entire medical community. With a Foreword by Paul Pitchford, author of *Healing with Whole Foods*. Wood received both the 1998 James Beard Award and the Julia Child/IACP Award for her latest book, *The Splendid Grain*.

The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating (Paperback) by Rebecca Wood 480 pages, 9 1/2 x 7 1/2 inches, illustrations, The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating (Compass) Paperback - July 1, 1999 on Amazon.com. *FREE* shipping on orders over \$25. The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating by Rebecca Wood, Peggy Markel, Paul Pitchford ISBN: 9780143117438 The new whole foods encyclopedia : a comprehensive resource for healthy eating / Rebecca Wood foreword by Paul Pitchford illustrations by Peggy Markel. Note 0.0/5. Retrouvez The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating et des millions de livres en stock sur Amazon.fr. The New Whole Foods Encyclopedia : A Comprehensive Resource for Healthy Eating The bible of nutritional eating—now fully updated for the twenty-first century—unusual foods to maintain optimum health and heal what ails them. The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating (Compass) by Rebecca Wood (1999-07-01) [Rebecca Wood] on Amazon.com. Find great deals for

Compass: The New Whole Foods Encyclopedia : A Comprehensive Resource for Healthy Eating by Rebecca Wood (1999, Paperback). - 30 secWatch [PDF] The New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating. A Comprehensive Resource for Healthy Eating. By Rebecca Wood Illustrated by Peggy Markel ForewordThe New Whole Foods Encyclopedia : A Comprehensive Resource for Healthy Eating. by Rebecca Wood. See Customer ReviewsThe New Whole Foods Encyclopedia: A Comprehensive Resource for Healthy Eating by Rebecca Wood, 480 pages, 9 ? x 7 ? inches, illustrations, paperback.