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It is a fantastic book. I have followed this & "Vitamins That Heal" by Mr H K Bakhru for the last ten years or so. I am 64 years of age and have no disease as yet (despite regular smoking and drinking) because of correct diet & regular aerobic exercises (Canadian Air Force 5 BX exercises) and/or a few games of Table-Tennis (Ping-Pong), all through my adult life.

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valuable book of reference for one and all seeking good health and prevention of ailments. This practical guide on natural foods is exhaustive study of food values, curative and natural benefits of all food items used in our day-to-day consumption. About the Author: Dr. H.K. Bakhru enjoys a countrywide reputation as an expert naturopath and a ...

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