



Foods That Fight Disease: A Simple Guide to Using and Understanding Phytonutrients to Protect and Enhance Your Health

Laurie Deutsch Mozian

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Phytochemicals are nonnutrient substances found in foods that have the ability to prevent cancer, heart disease, hypertension, the symptoms of menopause, and other chronic conditions.

The author explains how these substances work with the body to prevent and fight disease, and provides lists of foods with their levels of phytonutrients.

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