

[PDF] The Doctors Book Of Food Remedies: The Latest Findings On The Power Of Food To Treat And Prevent Health Problems - From Aging And Diabetes To Ulcers And Yeast Infections

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Description:

About the Author SELENE YEAGER is a top-selling author and professional health and fitness writer who lives what she writes as a certified personal trainer, expert-class mountain bike racer, and triathlete. She has authored, co-authored, and contributed to more than two dozen books. She is a contributing editor at *Prevention* and *Scuba Diving* magazines and dishes out training advice monthly as *Bicycling* magazine's "FitChick." She lives in Emmaus, Pennsylvania.

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