



Super Nutrients Handbook (Healing Handbooks)

Lyndel Costain

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Consultant, dietitian, and nutritionist Lyndel Costain looks at the latest research into phytochemicals and tells the facts behind the claims and headlines. What are phytochemicals? Phytochemicals are the bio-active compounds in plants ("phyto" simply means plant) that give them their color and flavor. They are vital to plants' survival, aiding healthy growth, deterring predators and diseases, and protecting against damage from the sun. In this book, Lyndel Costain explains how phytochemicals take on a new life when we eat plant foods, and how they work to bring us lasting health benefits. Plant foods as medicine. Today, most people want to look good, feel great, and live long, active, healthy lives. Plant foods are proving to be a major ally in achieving this. With thousands of phytochemicals identified to date, compelling, ongoing research reveals the hidden power in plant foods that helps protect our health and reduce the risk of problems such as heart disease, cancer, early aging, cataracts, immune system disorders, and osteoporosis.

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