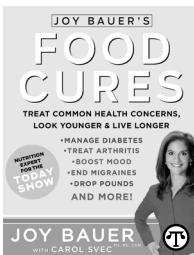


NUTRITION NEWS AND NOTES

Food And Health

(NAPSA)—Studies from top universities show that choosing the right foods can help manage, treat and sometimes even cure a wide range of bothersome symptoms, life-threatening diseases and other health concerns. Whether it's unwanted pounds, high cholesterol, mood swings, migraine headaches, diabetes, PMS, arthritis—or improving the appearance of your skin and hair—the cure may be what you eat every day.

In “Joy Bauer’s Food Cures: Treat Common Health Concerns,



Look Younger & Live Longer” (Rodale), Joy Bauer, MS, RD, CDN, nutrition expert for the “Today” show, explains in a clear and comprehensive way

how making small changes in how you eat—being aware of the power of nutrients, adding certain supplements and controlling portions—can help alleviate and sometimes cure many common health problems...while also improving overall well-being and appearance.

Drawing from the latest journal reports and medical studies, Bauer discusses how eating foods rich in omega-3 fats (such as salmon, walnuts and flaxseeds) can improve your heart health and mood, and how everyday spices like ginger and curry can reduce arthritis pain. Readers also learn how foods like strawberries, oatmeal, peanut butter, broccoli and even coffee can sharpen memory...and how bright-orange produce like sweet potatoes, apricots and cantaloupe can enhance the overall appearance of your skin.

Each chapter provides crucial information about a single health topic—how food, the environment and other factors contribute to the problem; which foods to eat or avoid; and best-bet remedies for feeling better—as well as a focused, customized 4-Step Program that includes action items, meal plans, grocery lists and delicious recipes.

Making cutting-edge nutritional research accessible and actionable, “Joy Bauer’s Food Cures” contains the keys to overall health, weight management and lasting vitality. To learn more, visit www.joybauernutrition.com.