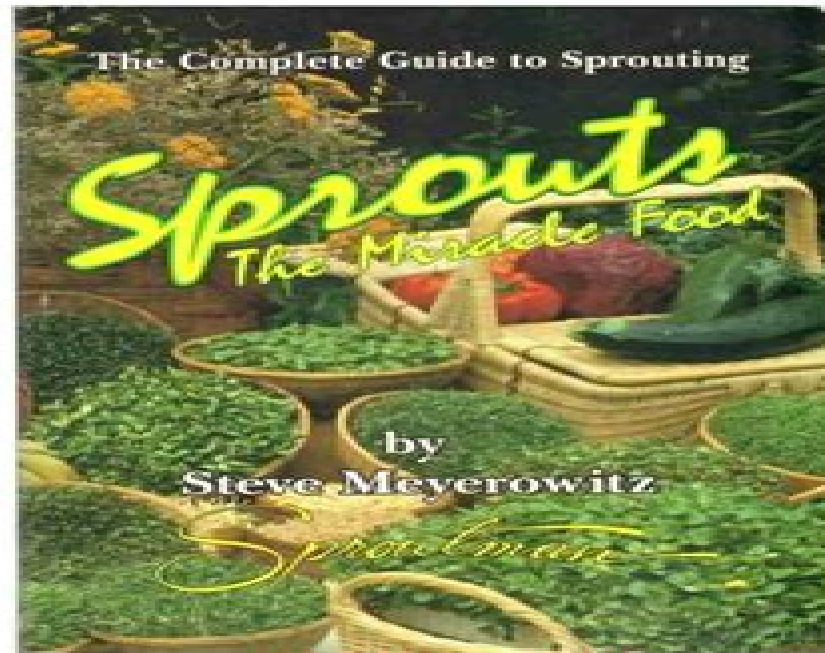


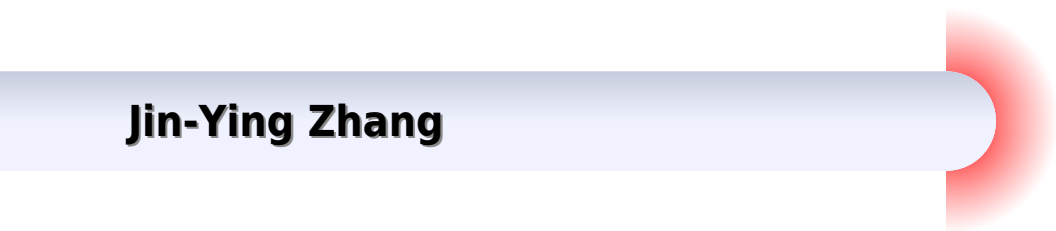
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Jin-Ying Zhang



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knows this and it terrifies him This is why his attack is so stealth and so lethal It s time to take back your health and the health of those you care about as you walk in victory over the enemy in this end time health battle Top 100 Food Plants Ernest Small,2009 This beautifully illustrated book reviews scientific and technological information about the world s major food plants and their culinary uses An introductory chapter discusses nutritional and other fundamental scientific aspects of plant foods The 100 main chapters deal with a particular species or group of species All categories of food plants are covered including cereals oilseeds fruits nuts vegetables legumes herbs spices beverage plants and sources of industrial food extracts Information is provided on scientific and common names appearance history economic and social importance food uses including practical information on storage and preparation as well as notable curiosities There are more than 3000 literature citations in the book and the text is complemented by over 250 exquisitely drawn illustrations Given the current alarming rise in food costs and increasing risk of hunger in many regions specialists in diverse fields will find this reference work to be especially useful As well those familiar with Dr Small s books or those with an interest in gardening cooking and human health in relation to diet will want to own a copy of this book Publisher s web site **The Simplyraw Living Foods** Natasha Kyssa,2010-07-13 The modern world is a toxic place and weve all become less healthy because of it whether it is from the air that we breathe or the foods that we eat Natasha Kyssa is a raw foods chef and lifestyle coach and her company Simply Raw helps people improve their health and well being by integrating simple natural based guidelines into their current lifestyles This informative and useful manual outlines Natasha s twenty eight day detox program which includes only raw and living foods i e those that have been soaked sprouted and fermented It is a gentle effective method to cleanse the body of toxins and to provide optimal nourishment for healing The author believes that we can heal ourselves naturally to mend the damage done to our bodies due to unhealthy environments and improper food choices Raw diets have become all the rage lately but Natasha believes that proper digestion essential for ones health and vitality essential for one s health and vitality can be greatly improved by a living foods diet This manual which includes 135 recipes as well as plenty of guidelines and background information follows a proven approach to better health natural weight loss increased vitality and healthy lifestyle changes Minimally Processed Refrigerated Fruits and Vegetables Fatih Yildiz,Robert C. Wiley,2017-05-11 The first edition of Minimally Processed and Refrigerated Fruits and Vegetables edited by Robert C Wiley and Fatih Yildiz was published in 1994 At the time of publication this was a new concept and was well received by the scientific community Minimally processed foods are whole plant tissues the identity of the plant tissue is recognized by consumers which may contain active enzymes live tissues and plant cells These are some of the basics for the healthy food design The overall function of these foods is to provide convenient ready to serve ready to cook free of any pesticides and contaminants like fresh products for food service and retail consumers Minimally Processed and Refrigerated Foods MPR have been popular in many countries The following are some of the advantages offered by MPR produce foods 1 Ease of portion control in the food

service industry 2 Lower transportation cost all inedible portions of the produce are removed prior to transportation 3 No waste is generated at the point of consumption 4 Utilization and recycling of the waste is much easier 5 Value added new fruit and vegetable products and meal development is possible and easy 6 No requirement is needed for phytosanitary control during trade 7 No glycation end products formation during processing 8 Degree of food processing is minimized for optimal health of human the processing plant for MPR produce which is not addressed in any other books on this topic will be described in this second edition Also comparison of minimal processing technologies with other technologies was explained in the first publication and will be updated in this second edition During the last 200 years the purpose of food processing was a safety sterilization Pasteurization 1804 Nicholas Apert Pasteur 1867 and b prevention of deficiency diseases Enrichments but MPR foods provides a two new dimensions to food processing a Prevention of chronic diseases bioactive compounds and b Optimum health functional foods Superfoods Nutraceuticals and Medical foods for human

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