

# Table of Contents

Dedication .....	I
Acknowledgments .....	I
About The Author.....	II
Other Books By Dr. Linda Page.....	III
This Book Can Be Great Medicine!.....	IV
A Personal Letter To My Readers .....	I
About The Cover .....	2
How To Use This Book.....	3
Creating Your Own Food Pharmacy.....	6
<b>Healing Diets for America’s Top 10 Health Problems.....</b>	<b>9</b>
<b>Before You Get Started: A Basic Stress Detox Diet.....</b>	<b>10</b>
Body signs that show you may need to detoxify. Steps in a good detox program. 1) 3-Day Body Stress Cleanse. Recipes for your Stress Detox.	
<b>Allergies &amp; Asthma: Healing and Control.....</b>	<b>20</b>
Diets: (1) 7-Day Chemical Pollutant Detox Diet (2) Diet to Overcome Food Allergies (3) Basic Mucous Elimination Diet for Seasonal Allergies and Asthma (4) Asthma Control Diet Plan. Recipes for a Mucous Cleanse. Recipes For Allergy/Asthma Control.	
<b>Arthritis: Pain Relieving Diet .....</b>	<b>38</b>
Diets: (1) A Three-Day Arthritis Cleansing Diet (2) Arthritis Symptom Control. Key Recipes For an Arthritis Detox. Recipes for Arthritis Symptom Control.	
<b>Blood Sugar Imbalances: Diabetes and Hypoglycemia.....</b>	<b>48</b>
Diets: (1) Diabetes Control Diet (2) Hypoglycemia Control Diet. Recipes for Sugar Control.	
<b>Cancer: Controlling and Rebuilding Health .....</b>	<b>64</b>
Diets: (1) Cancer Diet Watchwords (2) Macrobiotic Diet For Cancer Control (3) Cancer Control & Prevention Diet (4) Normalizing after Chemotherapy or Radiation. Recipes for Macrobiotic and Cancer Control.	
<b>Digestive Disorders: Ulcers, Heartburn, Irritable Bowel .....</b>	<b>84</b>
Diets: (1) GERD (Gastroesophageal Reflux) Diet (2) Enzyme-Rich Diet and Chart (3) Diet to Rebuild Colon & Bowel Health. (4) Diet to Heal Irritable Bowel. Recipes for Digestive Disorders and Colon/Bowel Healing.	
<b>Heart Disease, Stroke and High Blood Pressure .....</b>	<b>108</b>
Diets: (1) Heart Attack Recovery (2) A Man’s Heart Program (3) A Woman’s Heart Program (4) Lowering Blood Pressure (5) Lowering Cholesterol. Recipes for a Healthy Heart Diet.	

[Click here to buy Diets for Healthy Healing now!](#)

<b>Immune Defenses: Dealing with Colds, Flu, Infections.....</b>	<b>126</b>
Diets: (1) Restore Immune Strength (2) Colds, Sinus Infection (3) Diet for Flu-Bronchitis-Pneumonia. Recipes for Immune Building.	
<b>Osteoporosis: Building Bone with a Mineral-Rich Diet.....</b>	<b>144</b>
Diets: (1) Osteoporosis Intervention Diet (2) Strong Bones Diet. Recipes for Bone Building.	
<b>Weight Loss, Weight Control, Fat Management.....</b>	<b>160</b>
Diets: (1) Intense Fat & Sugar Cleanse (2) Weight Control After 40 (3) Junk Food Detox for Kids (4) Light Right Diet for Kids. Recipes For Weight Control.	
<b>Women’s Imbalances: Menopause, Fibroids, Endometriosis.....</b>	<b>178</b>
Diets: (1) Gland Cleanse for Fibroids and Endometriosis (2) PMS Prevention Diet (3) Hormone Balancing Menopause Diet. Recipes for Women’s Imbalances.	

## Special Bonus Diets

<b>Anti-Aging Lifetime Diet.....</b>	<b>200</b>
Diets: (1) Day by Day Anti-Aging Diet for Men and Women. Recipes for Anti-Aging.	
<b>Beauty Diet for Skin, Hair, Nails and Eyes.....</b>	<b>208</b>
Diets: (1) Body Toxin Elimination Cleanse (2) Good Looks Restoration Diet. Recipes for Beauty.	
<b>Optimal Nutrition for Children.....</b>	<b>216</b>
Diets: (1) Healing Diet for Kids’ Optimum Nutrition (2) ADD / ADHD Control Diet. Recipes for a Child’s Healthy Diet .	
<b>Whole Foods Keep You Healthy.....</b>	<b>223</b>
<b>Cooking Tips &amp; Secrets.....</b>	<b>234</b>
<b>Bibliography.....</b>	<b>247</b>
<b>Product Resources.....</b>	<b>249</b>
<b>Index.....</b>	<b>251</b>
<b>Index of Recipes.....</b>	<b>255</b>