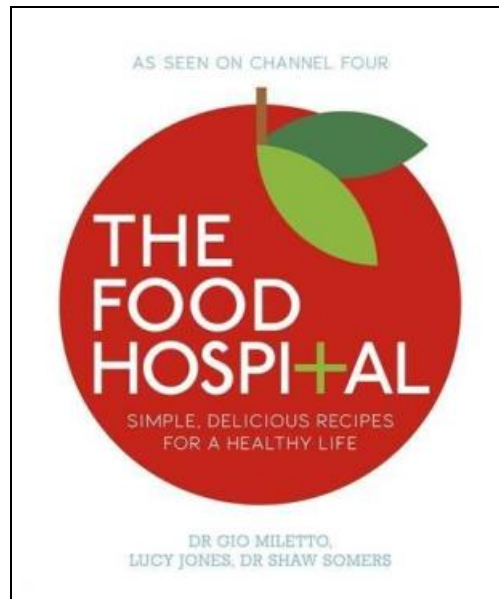


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Penguin Books Ltd, United Kingdom, 2011. Paperback. Condition: New. Language: English . Brand New Book. The top-ten bestselling tie-in to Channel 4's The Food Hospital. With expert advice from a GP, dietitian and a gastrointestinal specialist, The Food Hospital will show how food can heal everyday complaints and help protect against more serious conditions. You'll also discover how to experience optimum health-giving benefits by combining certain foods. Divided into chapters: Gut Feeling; On The Outside; Mind Matters; Just for the Girls; Eat Yourself Better; When Things Get Serious and covering a diverse range of conditions - from coughs and colds to depression and even cancer - the book advises what to eat to help you achieve your very best health. And with 45 delicious recipes, healthy eating has never been easier. Our favourite doctors and experts have returned in autumn 2012 for a second series of The Food Hospital, after the huge success of the first series reached viewing figures of over 2.5 million. Dr. Gio Miletto now works in General Practice, having worked in NHS hospitals for six years. He has contributed to Sky TV and BBC radio, and written about medicine for the London Evening Standard. Shaw Somers is a consultant surgeon, specialising in upper gastro-intestinal and bariatric (weight-loss) surgery. As well as clinical work he has a successful media career, including Channel 4's Embarrassing Bodies and Britain's Fattest Man. Lucy Jones is a senior specialist registered dietitian, working both in private practice and the NHS. She chairs the London branch of the BDA, and is a media spokesperson for the British Dietetic Association regularly appearing on national news programmes and in the press commenting on current nutrition stories.



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