



## Cranberries: Nature's Nutrient Powerhouse

By Candace Hoffmann

Woodland Publishing Inc. Paperback. Book Condition: new. BRAND NEW, Cranberries: Nature's Nutrient Powerhouse, Candace Hoffmann, While we all know cranberries from holiday traditions and the popular cranberry juice cocktail, scientists have discovered that cranberries are a nutrient-rich 'superfood' with significant antioxidant, anti-inflammatory, and anti-adhesion properties. Noted medical journalist Candace Hoffmann discusses the history and lore of cranberries as well as their powerful health-promoting qualities. From preventing urinary tract infections to promoting gastrointestinal, heart, and artery health, cranberries are also showing promise as an anti-ageing agent that may help prevent cancer and Alzheimer's disease. So, whether you drink cranberry juice cocktail, eat dried or fresh cranberries or take a daily cranberry nutritional supplement, these little red berries can have a powerful impact on your health. Discover this informative booklet from the "Woodland Health Series" in order to find out how and why you should make cranberries a staple in your diet.



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