



The Spice Healer: How a Curry and 60 Other Foods Could Keep You Off Prescription Drugs

Ray Collins, Gareth Rees

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How a curry and 73 other foods could keep you off prescription drugs.

Ray Collins is the author of natural health titles including The Good Life Letter, The Lemon Book and The Honey, Garlic & Vinegar Miracle.

In The Spice Healer he reveals how ingredients found in curry could help protect you from joint pain, heart disease, cancer and dementia. But this amazing discovery is just one of many in this book.

These are remarkable food secrets that many doctors, drug companies and even the government simply aren't willing to tell you. Now you can find out why.

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Alan Durham:

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