



Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System

Ran Knishinsky

Download now

[Click here](#) if your download doesn't start automatically

Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System

Ran Knishinsky

Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System Ran Knishinsky

The first complete guide to natural healing properties and uses of the prickly pear cactus

- Examines the scientific research promoting the cactus as a natural diabetes and cholesterol medication as well as its use in the treatment of obesity, gastrointestinal disorders, skin ailments, and viral infections
- Explores the healing uses of prickly pears from the perspective of doctor, chemist, ethnobotanist, cook, and layman
- Includes 24 cactus recipes--from Prickly Pear Bread to Cactus Candy

The prickly pear cactus--a plant that has the distinction of being a vegetable, fruit, and flower all in one--is destined to be the next big herbal superstar, following in the footsteps of St. John's wort and Echinacea, according to author Ran Knishinsky. One of the driving forces behind its popularity is that each part of this plant functions as both food and medicine. It has been a staple in the diets of the people of the southwestern portion of the United States, the Middle East, parts of Europe and Africa, and Central and South America for hundreds of years.

Traditionally, the prickly pear cactus has been used as a panacea for over 100 different ailments. More recently, it has been the subject of blood cholesterol research trials sponsored by the American Heart Association. In addition to the results of this research, Knishinsky includes scientific studies on the antiviral properties of the cactus to treat herpes, influenza, and HIV, as well as its use in treating obesity, gastrointestinal disorders, and skin ailments. A resource section details the natural food companies that supply prickly pear cactus and a chapter of recipes offers 24 traditional and modern dishes using the pads and fruit of the cactus.

 [Download Prickly Pear Cactus Medicine: Treatments for Diabe ...pdf](#)

 [Read Online Prickly Pear Cactus Medicine: Treatments for Dia ...pdf](#)

Download and Read Free Online Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System Ran Knishinsky

From reader reviews:

Gregory Mendoza:

Book is definitely written, printed, or highlighted for everything. You can realize everything you want by a book. Book has a different type. To be sure that book is important factor to bring us around the world. Beside that you can your reading expertise was fluently. A e-book Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System will make you to end up being smarter. You can feel a lot more confidence if you can know about anything. But some of you think that open or reading the book make you bored. It is not necessarily make you fun. Why they might be thought like that? Have you seeking best book or suited book with you?

Robert Nobles:

Information is provisions for people to get better life, information these days can get by anyone with everywhere. The information can be a know-how or any news even an issue. What people must be consider while those information which is from the former life are challenging be find than now's taking seriously which one works to believe or which one often the resource are convinced. If you obtain the unstable resource then you have it as your main information you will have huge disadvantage for you. All those possibilities will not happen in you if you take Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System as the daily resource information.

Harvey Lee:

People live in this new morning of lifestyle always try and and must have the spare time or they will get lots of stress from both way of life and work. So , whenever we ask do people have spare time, we will say absolutely of course. People is human not really a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to anyone of course your answer may unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, the book you have read is actually Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System.

Wanda Riddle:

Is it you actually who having spare time subsequently spend it whole day by means of watching television programs or just lying down on the bed? Do you need something totally new? This Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System can be the response, oh how comes? A fresh book you know. You are so out of date, spending your spare time by reading in this brand-new era is common not a geek activity. So what these ebooks have than the others?

**Download and Read Online Prickly Pear Cactus Medicine:
Treatments for Diabetes, Cholesterol, and the Immune System Ran
Knishinsky #Y5HDL7XF9Z2**

Read Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System by Ran Knishinsky for online ebook

Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System by Ran Knishinsky Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System by Ran Knishinsky books to read online.

Online Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System by Ran Knishinsky ebook PDF download

Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System by Ran Knishinsky Doc

Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System by Ran Knishinsky Mobipocket

Prickly Pear Cactus Medicine: Treatments for Diabetes, Cholesterol, and the Immune System by Ran Knishinsky EPub