



Foods That Heal

By H.K. Bakhru

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Along with the different healing foods and supplements (with the suggested dosages I include in Liver Rescue) to help your liver heal and strengthen. It's important to know that there are many different programs, cleanses, practices, flushes, and diets out there that are popular or said to help your liver. This list of foods that heal includes not only the physical conditions and systems that these foods support but also the emotional and spiritual effects that can result as well. Incorporating a few of these healing foods into your routine can help support your mind, body, and spirit.

1. Aloe Vera. Charcoal-grilling foods, especially fatty meats, can create compounds that are potentially carcinogenic. The factors involved are the charring of the food and the smoke produced when fat drips on the coals, which is then carried back up to the meat. To minimize the risks, take the following steps

Whether you eat, drink or whatever you do, do all for the glory of God. ~ 1 Corinthians 10:31. All throughout the Bible, references are made to the medicinal properties of foods and herbs. Representing health and longevity from Almighty God, the importance of diet and of preparing and eating food was oftentimes seen as a spiritual act. If you want to consume some of the most common foods mentioned for their health properties in the Bible, then youâ€™I want to try these top 10 healing Bible foods.