

The warming, circulation-boosting effect

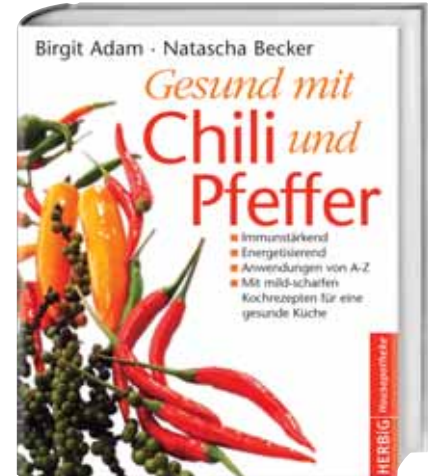
of pepper in medicinal plasters is common knowledge. Less well known is the fact that pepper, and chillies, can also promote weight-loss, boost the immune system, act as an anti-inflammatory agent, relieve symptoms of the menopause, and even pep up your love life. Besides detailing the numerous ways that chillies and pepper can be used, along with other essential and fascinating information, this manual provides a fine selection of recipes, ranging from mild to hot, that will promote health and well-being. Also included are tips on how to grow your own chilli and the best way to store your spices.

→The healing, slimming, immune-system boosting properties of chilli peppers

- An energising natural boost to your Immune System
- A–Z of all uses
- Includes recipes, from mild to hot, for healthy eating and living

Birgit Adam, born in 1971, lives and works in Augsburg as a writer, translator and editor.

Natascha Becker, also born in 1971, is a journalist as well as the author of many books focussing on health issues. Her practical health guides published by Herbig include *Kidney Stones and Bladder Disorders* (in collaboration with Matthias Keil) and *The Hip Clinic* (with Dr. Wolfgang Ditzen).



Birgit Adam, Natascha Becker

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