

# Prevention (Monthly)

## New Delhi, September 2013



**Kitchen Clinic**  
Charmaine D'Souza,  
Random House India,  
₹250

D'Souza's book lists praise-worthy comments by several celebrity clients and there's a foreword by actor Rani Mukerji. But what makes *Kitchen Clinic* shine is its comprehensive content on how herbs heal. D'Souza studied nutrition and natu-

ropathy and establishes that the cure to several ailments often lies in our kitchens. Her holistic, therapeutic approach—like the 'Good Health Always' programme—takes into account the patient and her interactions with the environment around her, to prevent and cure illness and help the body maintain and heal itself. There are detailed chapters on understanding herbs, using them for common as well as more serious illnesses—from acidity to graying hair to heart disease—and another on how to grow them in your kitchen garden.