

**THE PIONEERING NUTRITION CLASSIC**

Drugs may not be the only cure for disease...

# **FOOD IS YOUR BEST MEDICINE**

**HENRY G. BIELER, M.D.**



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## Food Is Your Best Medicine: The Pioneering Nutrition Classic



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Drugs may not be the only get rid of for disease . . . Henry Bieler's sane, simple, and utterly profound philosophy that food is your best medicine!What do Gloria Swanson and Greta Garbo have as a common factor?all so far better for you than drugs, and You are everything you eat, and Dr.Zucchini and other vegetables, basic broths, nourishing entire grains— Food Is Your Best Medicine includes a fascinating interpretation of the way the body functions to maintain good health insurance and addresses all sorts of ailments with specific nutritional approaches. Bieler contends, predicated on over fifty years of practice, that healthy diet plays a key role in preventing and treating disease. They owe their good wellness to Dr.they really work!



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Bieler Bill of Health Dr. When I was 20, I was dying of SLE. A lot of his contemporaries (and probably many of today's doctors) believed he was nuts. What he said in 1965 is still valid! nonsense! A classic An excellent publication to get a new perspective about food and health. you must repair the problem you've compounded as time passes. Clear, concise, and eye-starting. While he does not shun medicine, he rather asserts it will only be used when diet change alone cannot repair our bodies. Oh my! The underlying considering though is excellent and well worth serious consideration and application today. Quick gratitude is not in Bieler's vocabulary; This book is not intended to provide recipes and the reader a good way out (something he states from the beginning, though he does offer you some ideas of what sort of healthy person eats). He again and again compares your body to a machine that we must put proper oil in, such as fasting on nutritious veggie broth during disease to let our anatomies recover. Bieler is among the people I think about when judging my own health. If I had been prescribed this Bieler's Broth instead of "buy some cans of veg soup" from a ND 7 yrs ago my entire life might be better than it is right now as my health got worse. Food doesn't have to become an enemy - Wisdom from years eliminated by, desperately needed - and welcomed - today. I understand that he'd advise me to eat a proper amount of nutritious food and I will feel well by the end of your day. And I perform. This is not an instant fix book. I'd add "Real" before the name and advise visitors to go to their farmers' marketplaces. Bieler was once an overweight, pill-pusher who sought never to fix the foundation of disease but to cover the symptoms.. But then I fulfilled Henry Bieler, MD, and I used his ways to heal. Interesting information Interesting Love the very relevant information This Dr definitely was ahead of his time. The book seems somewhat "aged fashioned" now, but Henry Bieler was born in the late 1800s, and I believe he died in 1971, at 93 in a rock climbing accident! Keeping in my library to share with others. "Malnutrition from synthesized, heavy foods causes disease; LOVE LOVE Like this book LOVE LOVE LOVE this book. Want I acquired known about or browse it years ago. Wish he was still living. interesting historical watch of food/medicine Probably good, but hard to do and dated. "What would he say concerning this issue? I read this book a long time ago and was delighted to find it continues to be in print I read this book a long time back and was delighted to think it is still in print! all may veg soup is predominately tomato based (not really too mention all the other crap) and it caused a severe reaction in my gut and aggravated many conditions as I can't deal with quite definitely tomato..he must have known that as gut issues was what was being treated. Bieler's Broth rocks--I can make it forever more--as well as follow every bit of info in this publication. A prized possession." They cried, but Bieler proved over and over that these could possibly be curbed with a proper, nutrient-dense diet. This book is a traditional that is the basis of much of the work performed since about food's relationship to health. Many of the tips and conclusions that the author writes about possess panned out over time to be correct, and some have not. Use caution as a result when following his advice and check that his conclusions have not been disproved since he wrote the book, that was copyrighted in 1965. This book is for those of us who are seriously interested in health, who realize that food is not about sensory pleasure, rather the sensation of good health over an extended life. Much like the chemicals we can not process from junk food, the consequences of medicines on your body can sometimes outweigh the huge benefits. If only we'd have paid attention to .. Food producers are removing the nourishment from real food and changing it with chemical supplements. Oh my! I am thankful for some of the advancements in modern medication, but I believe ( especially after reading this reserve). Henry Bieler through the years ( he wrote this book in 1965 after 30 years of experience) we'd not be the obese nation that we are with the diseases that have hit epidemic proportions. Best publication of medicine ever read Bieler, in my opinion, was a genius. If only we would have listened to Dr.. I was taking 60 mg of prednisone, I had pericarditis, bi-lateral lung effusions and of my body was wracked with discomfort! Bieler offers a whole lot of medical reasons why and how meals interacts with this bodies and the future healthy results an individual can obtain if one takes the time to understand how different foods

connect to our organs. Bieler's advice we can turn into a healthier country. I am sure prepared to make some adjustments!. Dr. Bieler's information was needed then and is a lot more needed now. Prescription drugs took over our lives and, although a few may be necessary, most are not plus they are not improving our health or our lives.. Dr. Bieler is right - food is our best medicine. This book, and the physician who wrote it, saved my life. If you want more information in regards to a precise diet plan for your type, you will see it in his additional book. In our current "correct it with drugs" mentality, this book presents strikingly opposing sights about drugs and instead shows the way the right diet can lead to an extended and healthy lifestyle. Dr.that if we follow Dr. Henry Bieler Saved My Life! It is a publication to end up being studied and help provide a foundation for further research. Better Living thru Understanding YOUR MEAL! Too bad doktors / people aren't aware of and living by these suggestions today;The Pioneering Nourishment Classic was required reading in class I'm taking..” I ponder. What sort of body works and how exactly to cure its diseases with treatment by proper diet is carefully described, along with tales of the patients he helped. Timeless advice from a health care provider who went against current thought While this publication was written almost 50 years ago, the advice in it is equally as good as it had been in the mid 60's. Problem is normally that he wrote that no diet is good for everybody: so we need to value food allergies, as well. That's a really pity that no doctor today (in my own knowledge) is able to prescribe a tailor-sized diet like he do. Thank GOD he left this knowledge for us to learn how exactly to help ourselves heal by using what God gave us with the objective HE offered it. I changed my died completely and followed his advice.. Food IS Your Best Medicine... . Love the relevant information. Amazingly interesting with info that can easily be incorporated into a healthier way of life / physical condition today. we are soo actually unhealthy as a nation! But he does give you deep insight into how the body functions, and how it is affected by the meals, and for a lot of people, garbage that we put in it. What a way to go!



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