



FOOD *for* LIFE

*How the New
Four Food Groups
Can Save Your Life*

NEAL BARNARD, M.D.

FOREWORD BY DEAN ORNISH, M.D.

With recipes and menus by Jennifer Raymond

Neal Barnard

Food for Life: How the New Four Food Groups Can Save Your Life



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Citing overwhelming medical evidence previously downplayed by powerful lobby organizations, Dr. He also unveils a 21-day plan for a smooth changeover to the new way of eating healthfully. Barnard reveals why a diet predicated on the new four food groups (grains, legumes, vegetables, and fruits) will sharply reduce the threat of cancer and heart disease and dramatically increase life span. Line drawings.



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A must read for everyone.. Within 3 months he previously lost 30 lbs. Makes so much sense. Neal Barnard's process and recovered from PreDiabetes and High Cholesterol within three months. In sharing some of the dishes included in this outstanding book, so far nobody has guessed the recipes do not take advantage of meat and pet products. I am 82 but still going strong. Recovery is possible. I actually followed Dr. All blood work back to normal range..Some suffer from chronic illness and discomfort, which is my speciality.I highly recommend his publication to my clients, They have seen excellent results.We am reading all of Dr Barnard's books,I find him readable and easy to adjust to my life..Blessings,Pat Gurnick, CLCPsychotherapistQuantum Matrix HypnotherapyCaringCounselor dot com I'll buy any book written by Neal Barnard. .I believe in his meals program and I feel best when I eat this way.. I'll buy any book written by Neal Barnard. I fulfilled him in person and he's a walking testimonial for all that he writes about. I trust him and his books that the info is safe and true. READ THIS BOOK! Superb information from an impeccable source, complete with easy-to-follow, nutritious and incredibly tasty recipes. I utilized the quality recipes in this publication for years after that. I've even purchased several extra copies as presents. Great Recipes! I've purchased this book many times through the years.I highly recommend this book! I purchased this book years ago when my husband had a need to reduce his triglycerides .each and every time I loan it to someone and don't get it back! Wish I had known concerning this sooner in . Once or twice the author gets carried away and makes unsubstantiated promises but they're fairly easy to recognize and harmless.. older book info outdated Published in 1993 this book has some valuable details but is mostly outdated. I recovered myself from a significant illness and my success story is on my site. Recipes are great. Three Stars average Dishes are great. A whole lot of good details in the first 2/3 and most of it really is backed by science. The recipes, nevertheless, are why I always keep a copy.. and his triglycerides decreased to normal. Five Stars DELIVERED AS PROMISED Great quality Great reading. Two Stars Stupid Wish We had known concerning this sooner in my own life.



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