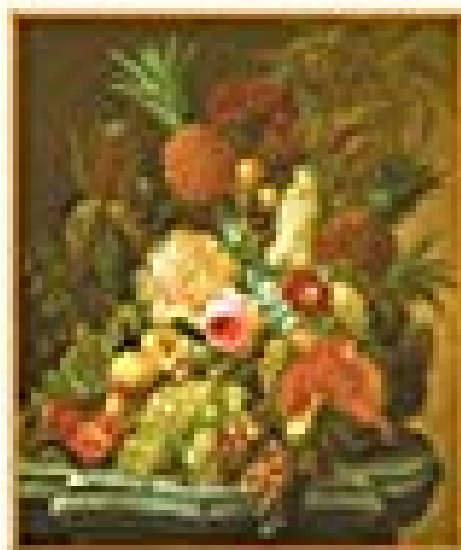


FOOD *as* MEDICINE

How to Use Diet, Vitamins,
Juices, and Herbs for a Healthier,
Happier, and Longer Life



Dharma Singh Khalsa, M.D.
National bestselling author of *Meditation as Medicine*

*"Food as Medicine is absolutely fantastic. I loved it!
Read it and add years to your life."*
—Stephen Sinatra, author of *Lower Your Blood Pressure in 8 weeks*

Guru Dharma Singh Khalsa M.D.

Food As Medicine: How to Use Diet, Vitamins, Juices, and Herbs for a Healthier, Happier, and Longer Life



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A holistic approach to healing through making smart food choices by wellness guru Dr. Dr. From the bestselling writer of Meditation as Medication, comes a remarkable book that can help you achieve maximum wellness by eating well. That kiwi fruit is definitely an exceptional weapon for battling cancer and cardiovascular disease? Grounded in technology, Food as Medicine is normally a pragmatic and accessible reference that sets visitors on the right nutritional path. Did you know that blueberries can increase human brain longevity? That pears can help prevent fibroid tumors? Dharma Singh Khalsa that combines spiritual advice and integrative medication to provide healthful recipes and diet programs targeting common and chronic ailments for an extended, healthier, natural life. Khalsa then explains how to use organic organic juices and foods as medicine, and how food might help reverse the improvement or diminish the symptoms of particular diseases, such as for example Alzheimer's and Hepatitis C. Drawing on patient case histories, Meals as Medication outlines the seven principles of "The Khalsa Program" for healthy eating, details ailment-specific nutritional programs, and lays out dozens of delicious recipes that promote general well-being. In the end, food isn't just the initial medicine -- it is the best medicine.



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Great book on eating in a way that supports our very well being!. This book is important to read because so many doctors do not provide their individuals with enough information on the need for a good diet. Food as Medicine bood Great publication which explains how to use meals to heal the body.we all cannot eat perfectly all the time. Easy to understand and well created. I love how the author reduces information into specific chapters for common illnesses and offers explicit instructions for diet plan, herbs, juices and health supplements. Upon completing this reserve, I bought a juicer and I have already been juicing everyday and I feel better than I've felt in years. The various other thing that's great about this book is that the author does not cause you to feel as if good nutrition is an all or nothing at all choice. The information is provided in a way that you feel as if any small change you can include is a step in the proper direction because let's encounter it. I couldn't decide between that one or ChefMD's Reserve of Culinary Medicine. Very useful information on feeding on healthier in combination with traditional western medicine.. I love this book and also have been recommending it to everyone I understand. Four Stars great information on food and all of the nutrition value Groundbreaking love this reserve Very useful Great book Great book. Belongs in every home library. Changed my method of eatng! I believed I ate pretty healthful before I examine this reserve but I discovered of so many techniques I can help my family eat even better. Book's material follows it is title This book follows its title.. I ended up reading both. This is a fascinating and informative read. Five Stars Exceptional guide to living and eating healthy. Five Stars Great browse and justification of 1 God's creations Crap Complete hooey. Complete crap, I cannot believe he is a medical doctor. Good reference Useful information to redesign eating habits aligning with healthful lifestyle.



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