

Neil Nedley, M.D.

# PROOF POSITIVE:

*How to Reliably Combat Disease  
and Achieve Optimal Health  
through Nutrition and Lifestyle*

EDITED BY DAVID DeROSE, M.D.

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**Proof Positive: How to Reliably Combat Disease and  
Achieve Optimal Health Through Nutrition and Lifestyle**



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This 560-page book tells, in easy-to-understand language, how exactly to fight disease and achieve optimal health through proper lifestyle and nutrition. Although comprehensive enough to serve as a medical reference manual, it's way too interesting to leave on the shelf! Offers exceptional resource material and is packed with eye-catching visual aids.



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What a great well named book. Nedley promotes a comprehensive vegetarian diet plan and lifestyle, not because of PETA, but as the data obviously shows a vegetarian diet plan supports optimal health. But the proof IS Right now there if you can stand getting accountable and therefore disciplined by it. A requirement in anything like this. Discipline itself is indeed passé and Computer that books like this become passé aswell. Neil Nedley, is usually a Christian so the publication contains some Biblical references.com He is in a word - brilliant. Experienced them for 14 days right now and i am still very pleased. This book was delivered sooner, than I was thinking I'd receive it.The book is arranged in such a way that each chapter could be a book. There are over 500 pages; it is a reference reserve, and contains an abundance of sources (medical journals and research, etc. Extremely Informative! (With the doctors assistance of training course) I would recommend this publication to anyone who wants to enhance their health but does not know where to start. Despite the fact that is was published in 1999, it addresses the same problems people are having today. This book can save your life. Dr. Excellent Reference Guide This is an excellent reference guide from a physician who understands the impacts of nutrition and lifestyle on your own health and wellbeing. One thing readers should know: the writer, Dr. Proof Positive can help you understand what lifestyle is ideal for your health. I had read one chapter, "The Frontal Lobe" from a friend's duplicate, and I knew then I had to possess my own. For instance there are chapters on Heart Disease, Cancer, Diabetes, Protein, Fish, Milk etc. and each macro subject is thoroughly protected with the micro details discovered from the study of thousands.I have several books about health and nutrition and invariably Evidence Positive may be the one I come across most helpful when I have a question.It really is helpful for the shopper to understand that Dr. But then once again, it's name and it's really Christianity is so repulsive to many since it speaks to absolutes which are repulsive to so many as is indicated by several of the responses. A valuable resource Chock full of information on what bears out in scientific studies as best-practice healthy options and habits. Reader Friendly The overall purpose of the book is to promote optimal wellbeing through healthy lifestyle choices. The publication discusses all main health concerns, like heart, diabetes, cancer, cholesterol, melatonin, etc. This publication has changed my entire life. It shows me more than I've ever thought I'd find out, and I am just barely over half way through.) cited. I was surprised at the many charts and diagrams, all in color, which nearly provides it a middle school textbook look.. Nedley has compiled huge amounts of research in a way that is easy to read and understand.In the event that you \*really\* want to get to know the author's function and mindset, listen to his many lectures on audioverse. I did not find this offensive, some people might. While I may not agree with most of his nutritional guidance, he has research to support his opinions and I do

not. Five Stars too expensive but a great book Five Stars Very great and easy to understand! I received 5 books in good shape. They emerged within The 2 2 day plan I received 5 books in good condition. They emerged within The two 2 day strategy. The proof positive looks very in excellent condition. Prove positive is a great book. The book that helped save my entire life. I was happy to receive them. Four Stars I should have expected that the publication was read and had underlining paragraphs . Explanations are easy to read and comprehensive, and the Index is quite complete... If one follows the information in this book one can change their lifestyle to complement one that is designed to restore health and perhaps lesson the dosage or totally stop taking certain medications. Excellent study guide for what I needed.



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