

The Food Prescription *for Better Health*

A Cardiologist's Proven Method to Reverse Heart Disease,
Diabetes, Obesity, and Other Chronic Illnesses, *Naturally!*

*"If everyone followed this book's visionary advice, it could
revolutionize the health of the planet."*

Neal Barnard, MD

President of the Physician's Committee for Responsible Medicine



Baxter D. Montgomery, MD

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The Food Prescription for Better Health: A Cardiologists Proven Method to Reverse Heart Disease, Diabetes, Obesity, and Other Chronic Illnesses Naturally!



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Are you or a loved one suffering from high blood pressure, diabetes, heart disease or various other chronic condition? If therefore, this book may just change your lifestyle. Filled with sound scientific details and easy to check out guidelines, this book will help you revolutionize your health. Baxter Montgomery, a skilled cardiologist and expert in nutrition, gets the proof in THE MEALS Prescription for Better Wellness. Dr. Did you know that many ailments regarded incurable can be efficiently treated through nutrition? Publication Features: • Outlines the indegent health condition of Americans • Offers a detailed explanation of how the body works • Tells the real story of what healthy food can be, dispelling many myths • Describes how proper nutrition is important for optimal health • Offers a step-by-step approach to reverse your health problems using nutrition • Displays scientific evidence for the efficacy of this program



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This is an incredible and life-transforming book This is an amazing and life-transforming book. Thank you, Dr. followed this plan and in 6 weeks proceeded to go from 26 meds to 6 meds each day, his formerly uncontrollable diabetes (with a blood glucose int he 300s-400s daily and an A1C of 10. His markers of swelling lower significantly. He got down to the 100s eating a whole-food plant centered diet plan and OFF insulin and on a very low dose of a diabetes drug. He got off the diuretic that was supposed to control his leg and feet swelling (and it wasn't)--and when he went off and started eating a complete food plant based diet plan, his swelling in his hip and legs completely went aside. His high triglycerides dropped ~75 points.0--and THIS on 75U of Lantus each day and 26U of Humalog--actually returned on track numbers. The detox stage is all raw. Smoothies every day and all of the fruit he could eat as well as prepared entire foods. That needs to be plenty of for the interested soul to check out this book." I can recommend this reserve as another work on the continuum of nutritional medicine as the wave into the future. Now he feels as though crap all the time again. A Model for Groundbreaking Patient Treatment I first learned of Baxter Montgomery from watching and hearing him speak at the Advanced Research Weekend given by John McDougall in Santa Rosa, Ca in February 2014. When Dr. Might it come soon. This is an excellent book when researching to improve your wellbeing through changing your diet." The author states that there surely is only one chronic illness: poor nourishment.His model for his medical facility along with his nutritional bootcamps should be the pattern for medical facilities around the U. I found this book to end up being alright, but more helpful is "Eat to Live.A. He has suggestions from the giants T. Colin Campbell, Caldwell Esselstyn, Joel Furhman, Neal Barnard, and John McDougall. He didn't stay with it, unfortunately for a variety of reasons--and now he is reversing back and his bloodstream sugars are increasing. It was extremely recommended by a pal who recently became a vegan. I think to myself, wouldn't it be wonderful to have a cafeteria at every medical facility offer health promoting food that the public could partake of?Neal Barnard, MD, of PCRM, calls Dr. Nothing actually new here. He has gone Back again on the statin because his cholesterol jacked right back up once he came back to eating bacon and cheese. John McDougall gives the nod to another doctor, I listen closely. Invest your cash on your health We didn't want another tablet to take. I wanted an approach that would match my current way of living. Dr. Montgomery provided a strategy that both we were able to benefit from and implement. We are not going to spend our retirement moneys on supplements and procedures. We are going to spend it doing things we love. My 78-year old father--on 26 medications per day for diabetes, gout, hypertension, cholesterol, allergies, arthritis, etc. Montgomery! Five Stars Excellent book Excellent book! "Foodborne ailments indicate chronic disease. Great resource for those doing this for health factors! Chocked filled with good information. EXCELLENT BOOK VERY INFORMATIVE EXCELLENT BOOKVERY INFORMATIVE Five Stars Very good publication Its okay, but. He also pans grains of any enter general including whole grains.S." This book gives great info, but again, the "Eat to Live" book is far more educational and contains a lot more practical information for your wellbeing and the best way to eat. Easy to read and understand. Once you get past the detox stage the meals is what he telephone calls minimally processed. Healthier food choices Love the book Four Stars Need the menus and suggestions. Book for beginners This book fell short of my expectations. The very best type of medicine is ideal nutrition and the sooner our medical gurus understand, promote, and enable the individuals to avail themselves of the, the sooner our health will improve. Montgomery's book will continue to work well for you in case you are simply beginning a wholesome lifestyle and want something to help you get started. Dr. However, if you're searching for a book that will enhance the knowledge that you already have then this is not it. Montgomery's book "visionary in its suggestions. Great book! fast shipping! Great reserve! A vegan natural foodist in disguise, disappointing The doctor is actually a raw vegan foodist. He lost 25 pounds and was never starving and enjoyed the food. As a person new to the plant based lifestyle of AA descent it's good to hear from a Dr that may understand this trip from my viewpoint. The idea you could cook or steam things like beans and other pulses for under ten minutes seems a bit stupid. And somehow I can't get over the idea of eating potatoes lovely or otherwise raw. Sadly, the reserve provides little real information. It is essentially an advertisement for his program.. Yeah, he grudgingly enables that stuff, however they are method down on his category set of meals which is certainly categorized from healthiest to least healthy on a level of 1 1 (the very best) to 10 which is normally poison. And since plenty of it is natural the only way you can obtain a lot of this stuff down is to liquefy it in a blender and put in a ton of agave nectar to the blended mess. Somehow adding an ingredient to my

smoothie that has even more fructose in it than high fructose corn syrup seems less than healthy.



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