



# Healing BEGINS *in the* KITCHEN

*Get Well and Stay There  
with*

the  
**MisnerPlan**

IVAN MISNER PhD | BETH MISNER | EDDIE ESPOSITO | with MIGUEL ESPINOZA MD

RECIPES INSIDE

Ivan Misner PhD and

## Healing Begins in the Kitchen: Get Well and Stay There with the Misner Plan



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Healing Begins in the Kitchen shares the remarkable story of the Misners and how Ivan went in to remission from cancer tumor just nine a few months after his medical diagnosis. Ivan was a hard-primary western medicine man who found that nutrition and lifestyle changes could get the body's immune system to start healing without chemo, radiation, or surgery. The Misner Plan has helped many people who have numerous kinds of cancer, type 2 diabetes, inflammatory diseases, and cognitive issues (constantly with doctor supervision). It not merely shares personal encounters, struggles, and successes, but also offers a substantial quantity of delicious dishes from Beth and professional chef Eddie, who crafted a menu to fit a restricted diet. Through the use of these simple however effective principles, you'll become well on the way to living a long, healthy, and productive existence. Mark Hyman's The BLOOD SUGAR LEVELS Answer and T. Colin Campbell's Forks Over Knives, this book teaches you the importance of your body's disease fighting capability and how to build it up so that it can perform what it is meant to do: maintain you healthful. The exceptional publication is split into four sections covering the Misners' dramatic curing journey and providing an abundance of easy-to-understand suggestions and resources. In the vein of Dr.



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Inspiring and a catalyst for change A catalyst for action and positive change. Realizing that choosing less than "best" isn't failing makes it simpler to give the Plan a try! I'm about a 1/3 of the way through this publication and it's already been helpful. look better; Since that time, my husband halted having migraines, our currently normal blood pressure has dropped further, we've lost pounds without even attempting, we've a noticeable upsurge in energy, we crave less sweets, and we have decreased our caffeine consumption without effort. We have been still in shock as of this transformation. Healing Starts in the Kitchen put us on this journey. Amazing and inspiring! Reversing cancer tumor! Thank you once again Dr. Misner's personal tale of reversing his prostate tumor with lifestyle and meals choices is certainly amazing and inspiring! Ivan and Beth make what they learned through extreme personal experience, available to all or any of us. end up being the healthiest YOU feasible! If you're reading this review and so are unsure of the traditional American treatments of surgery, chemo or radiation - this is essential read!! highly recommend this book for individuals who value healthy eating, those who like to make and for someone who is interested in studying natural healing. :) Many blessings ? Need a Smart Plan not just a weight-loss program. Through Ivan and Beth's willingness to talk about a deeply personal journey, they and their co-authors have empowered visitors to take their wellness to their own hands and to enhance their lives. The conversational style and tips make the recipes a fascinating read, too. FULL DISCLOSURE: I've known Dr. Misner for nearly 20 years and have enjoyed most of his Networking books so I was true intrigued about how this book would be and so far, very impressed. Great tale!! And share! quality recipes for natural healing and consuming! And the greatest secret is that when you follow the plan and feel healthy, it becomes easier! A "Cookbook" for Health and Aliveness This is more than a cookbook for healthy living. It is a courageous memoir of a path of discovery that the courageous and outstanding Beth and Ivan Misner present us as a guide for our own lives. Dr. I enjoy his openness and transparency of everything he transformed and how it impacted him in the best ways. It's engaging and clear. Five Stars Love the story and enthusiasm in this book. Possess made several of the quality recipes and all are awesome! THANK YOU Dr. and Mrs. Misner Dr and Mrs. Misner have written a book that will help so many commence to heal from the inside out. I ordered this publication and it came to me a bit of a mess. The Misners reached out immediately and ensured I got a new copy and also signed it for me. I'm not sure I've the long-term discipline to check out the Plan what sort of Misners do, therefore i appreciate the Misners' recognition and knowing that some people will need to choose among "great, better, and greatest" alternatives. The 1st half of the book is filled with motivation and education. I LOVE that the strategy is actually laid out and goes step-by-step. soak it up; Dr. and Mrs. Misner for not just a great book for being so good to me in your follow up. Get well! As somebody who does not benefit from the taste of many "well balanced meals" I highly recommend the Zucchini Walnut Muffins and understand that the misner plan is a "painless" method to eat healthy. We was honored to receive this book as a gift and love it! The story of Ivan's journey from medical diagnosis to recovery is definitely interesting, compelling and told so authentically by he and his wife, Beth, you are immediately drawn in. The incredible amounts of study they've done are shared within an easy to understand manner. Through this book I've found several methods that I can easily expand my commitment to natural, organic and healthful eating, the do-it-yourself ideas make doing this extremely cost effective. The extensive number of recipes from Beth and Chef Eddie Esposito are presented within an order that follows The Misner Plan for ease of implementation. The wife and I are on a NO-CARB type diet plan and it's working however when we reach our

goals, we'll need to be smarter about a life plan and I could already see how this book will help. The Lemon ESSENTIAL OLIVE OIL Dressing is already a go-to accompaniment for most of my foods and I'm looking forward to producing the Vegan Worcestershire Sauce. You can find other ways. That is among those books that makes an excellent gift, too! Healthy requires this! Great book! Very well written! Lots of great information! An inspiring story of recovery through nutrition! It's good to locate a lifestyle plan which can be followed (with work and planning) despite having a busy travel and function routine—if Ivan Misner can do it, anyone can! These were great about obtaining me taken care of quickly. Those are the best words I could use to spell it out Healing Begins in the Kitchen in one sentence. There are amazing quality recipes in this plan that are an easy task to prepare and flavor great. Ivan and Beth Misner help clarify why they've made the nourishment choices they recommend. And that is really helpful! The next half of the reserve makes it possible to succeed at The Misner Plan. Dr. Yum! An inspirational and challenging book to bring health and fitness into your life! Sincerely, Amy Excellent collection of information & Be well! Healthy Eating for Those Who Want Taste and Ease I've used many of these dishes and concepts on my health journey and am therefore excited to possess this book. They consider us through their trip from a most frightening analysis, step by step through the study they applied to themselves that resulted in powerful, vibrant wellness. feel better; I bought this book because I understood it would be more than just informative - I knew that it would be inspirational and challenging, in fact it is! His wife Beth can be an EXPERT on nourishment and when her hubby needed healing from an extremely scary prostate cancer analysis, she went into overdrive to get answers and everything in Curing Begins in the Kitchen is the gift she gave to Ivan to save lots of his life. It is filled with Beth's fantastic dishes. Misner can be an amazing empire builder - he founded and created the largest & most effective referral networking firm BNI (Business Networking International) on the planet, which currently has 220,000 members and is a New York Times bestselling author. Whether you have just made up your brain to get healthier or you possess a significant illness and are desperate for solutions to heal your body - it is time to get seriously interested in making life adjustments and the Misner Plan are certain to get you there. This is my REFERRAL TO YOU - get the reserve; read it; My husband and I are beginning a new journey of healthful eating and look forward to seeing how we feel a few months from now. put it into actions; Ivan Misner and his wife Beth are both visionaries and master everything they do. Getting inspired by this publication, we have changed our diet. Many thanks for sharing how effective our food is! And, then, please tell someone you care about.



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