



Authoritative information and practical advice on achieving optimal health, overcoming disease, and preventing illness by simply changing the way you eat

ALL-NEW!
Completely
Revised
and
Updated

Prescription for
**DIETARY
WELLNESS**

SECOND EDITION

Phyllis A. Balch, CNC

author of the 5 million copy-bestselling
Prescription for Nutritional Healing

Phyllis A. Balch CNC

Prescription for Dietary Wellness: Using Foods to Heal 2nd Edition



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Improvements in this second edition include: phytochemicals and antioxidants foods that increase immunity how to choose the most nutritious foods "standout" healing food show to create a diet plan for your own optimal health, taking into account special dietary requirements such as those of women, children, vegetarians, and others food combining diet-based healing techniques such as for example juicing, fasting, and detoxifying how to avoid potential dietary hazards, including threats to drinking water safety, foodborne diseases, meals additives, food irradiation, antibiotics, genetically engineered foods, and undesirable chemicals such as caffeine, cholesterol, and glucose. Like its companion books--the number-one bestselling Prescription for Nutritional Healing and the newer Prescription for Herbal Healing--Prescription for Dietary Wellness offers authoritative information that is research-based and clearly written, rendering it possible for the reader to quickly find the subjects in which they're interested and to incorporate the dietary recommendations into his / her daily life. Without a cookbook, Prescription for Dietary Wellness also includes several easy, wholesome recipes and advice on cooking methods. It is a complete, practical guide to eating once and for all health.



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What our students say We have a class that uses this as a textbook in both our Holistic PHYSICIAN and Nutritional Consultant diploma applications so my feed back is founded on about 200 student opinions. The students really like her function. In the class feedback survey we ask "When compared with other classes you took elsewhere this class is" and learners give it 5 out of 5 stars. When asked what was most readily useful in the class %90 of the learners rave about the reserve. Loved it. Sensible advice for eating and getting healthier. Excellent presentation and a great resource for any health conscience family. My daughter was pleased to receive her own copy, and I'll order a different one soon on her behalf younger sister. I love this book I've had this reserve from the library for over a year, and finally found this book at an acceptable price! Very informative publication about food, and drinking water, and healthful recepies! Would say that it should be a cornerstone to nourishment, diet, wellness, medical studies, etc. I really like this book! into practice in my own existence and in the lives of future clients. Among the better books, upon this topic, that I have bought. When I found out I wouldn't be moving for another month I purchased a new one. I've put a lot of this info.!!..in virtually any program. Easy read Needed this for herbalism school! Easy read Best Book When It Comes To Your Health Bought this reserve once before and We donated it when We was moving. I was extremely amazed at just how much details was in this reserve and all the resources packed in the trunk that anyone can use. All you need for your wellbeing and more! All of Balch's books are great. Five Stars Good stuff lots of info on foods,, plenty of info,,large book,,well pleased with it,, Sensible nutrition advice. I raised her using much of the nutritional info I found in the 1st edition of the book. Detailed, informative and an excellent supplemental textbook in case you are in school Great book. Four Stars Great Book. Timeless info, very useful I purchased this reserve for my 26 yr old daughter. Four Stars Good Book .lots of information..



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