

DON COLBERT, MD

*NY Times Best-selling Author of *The Seven Pillars of Health**

**EAT
THIS**

**AND
LIVE!**

HOW TO MAKE SIMPLE FOOD CHOICES
Feel better,
look younger,
live longer!

Don Colbert MD

**Eat This And Live: Simple Food Choices that Can Help
You Feel Better, Look Younger, and Live Longer!**



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Full-color throughout. Dr. Dr. This guidebook will teach readers what the Bible must say about meals. Don Colbert has marketed more than TEN MILLION books. Colbert gives his tips about which foods to consume heartily, consume in moderation, or prevent all together. From the writer of the brand new YORK TIMES best-selling books The Seven Pillars of Health insurance and I Can DO THAT Diet, alongside best sellers Toxic Relief, the Bible Cure series, Surviving in Divine Health, Deadly Emotions, Stress Less, and What Would Jesus Eat?



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sometimes insightful, sometimes too much too fast I truly wish 3.5 was a choice for my review summary because that's honestly where I place this book. I really believe that most everyone will get something out of this book. I like how it simplified thinking about what we eat as living food or dead food. However, it really is information dense which can make it a little bit much to read and process. I honestly stopped reading it before I completed it, feeling like I need to make a chart to grasp what's being said. I truly strategy to pick it right back up at some time and do just that. He is very useful in ALL of his certainly books. I am 64 yrs . old and also have never been on any type of chemical intervention or had medical procedures. Like previously mentioned, some sections were simply dense. It was recommended to me by my doctor, which hopefully says a thing that some medical professionals are vouching for it. Learned a whole lot of information. Two Stars No new information. I'd obtain them again anytime. Lots of good information on eating foods that usually do not cause swelling or fill up your with poisons, proper foods to consume for improving digestive tract plus much more. I call it working out common sense living. When did a wellness/food reserve become entertaining? This reserve will empower you to make quality life adjustments, for a wholesome and happier lifestyle! My 3 kids in their 20's and 30's said they cannot put it straight down either. Totally fun and entertaining to learn. Real and practical. Loved the actual fact he gave choices and alternatives and brought in what the illnesses were you could get or prevent. The illustrations were fabulous. EVERYONE age 10 to 100 should go through this book! I also got and browse the book Eat this and Live for Kids and it is simply as good for just about any parent or grandparent who wants to instill healthy diet plan in their children. I really like Doctor Colbert.!! There were also sections where I felt like I was reading "blah, blah, blah; Great foundational browse for those who want to begin the journey to wellness, whether your young or old. No problems at all with the seller or shipping. Four Stars Good information for processing healthful eating. Great foundational go through for those who are trying to begin ... You won't be disappointed. It really is never too late or even too early to become good stewards of our body. I could not put this publication down. Great book. Learned a lot of information Great book. Lots of good information on eating foodstuffs that usually do not cause irritation . Would recommend the book to anyone who wants to make lifestyle changes. Life changing. You truly are everything you eat.. Five Stars Very Informative and it is great for somebody who is making the transition into learning to be a vegan. Eat This and Live This is a fantastic read for anyone who desires a simple, understandable, non-sense approach to healthy eating and living. I was able to combat malignancy naturally by exercising the same principles talked about in this book. I eat to live and not live to eat like so quite a few fellow US citizens, who are just existing rather than living. It was also nice to see a book written by a medical doctor, who

was simply trained to prescribe drugs to combat disease and disorder, should as high blood circulation pressure. Every American should examine this publication." other sections were extremely interesting and engaging. Call it fortune of the attract; This is not a compensated review. This reserve will help you change around your bad habits.. Simple option good book about nutrition options Great tips Great book with vivid images and pictures. You'll want to eat healthier after you read it.



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