

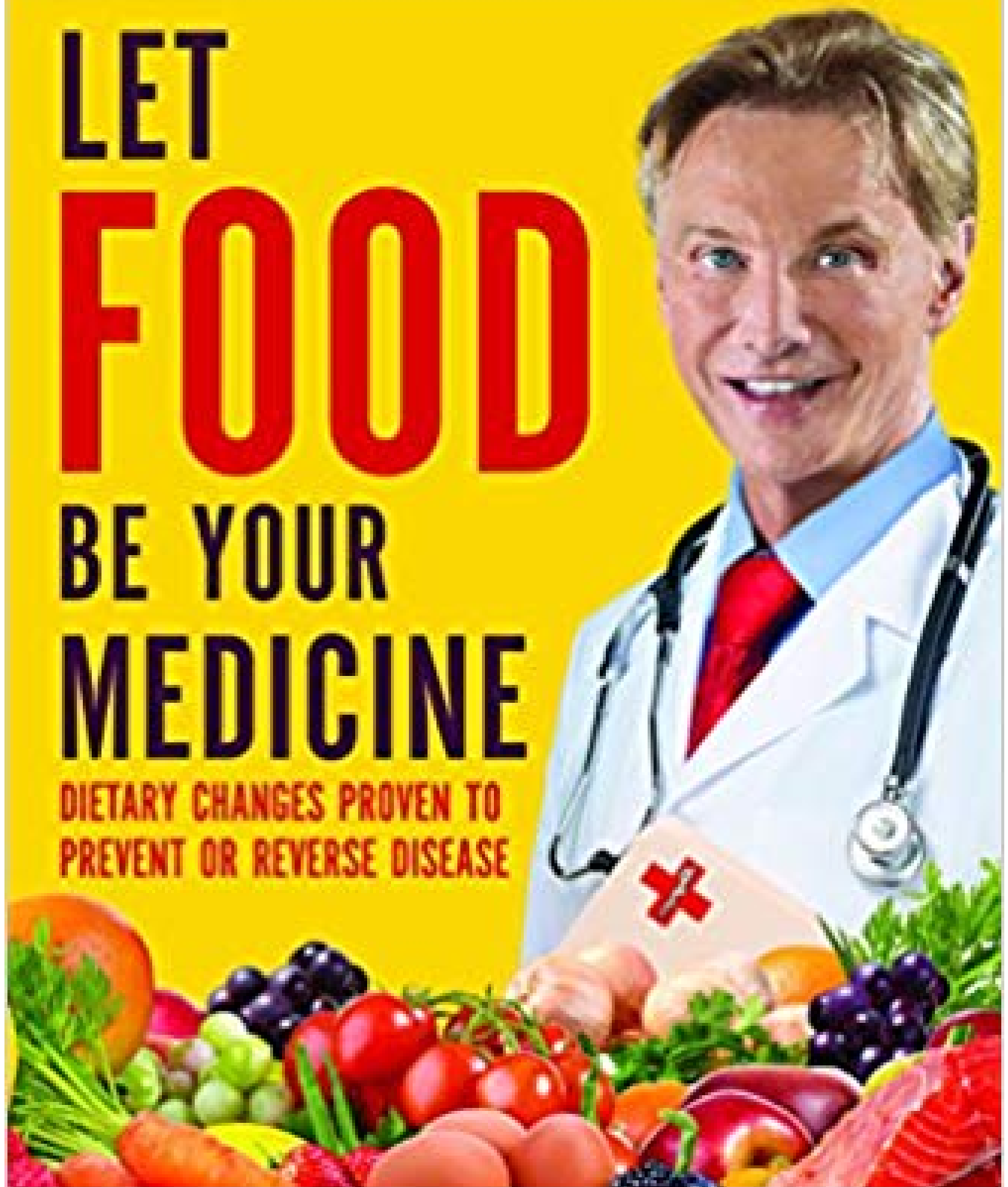
NEW YORK TIMES BESTSELLER

NOW INCLUDES A 21-DAY MEAL PLAN

DON COLBERT, MD

**LET
FOOD
BE YOUR
MEDICINE**

**DIETARY CHANGES PROVEN TO
PREVENT OR REVERSE DISEASE**



Don Colbert MD

Let Food Be Your Medicine: Dietary Changes Proven to Prevent and Reverse Disease



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Dr. Many of us think God is not concerned with what we eat, but the Bible actually gives great insight and instruction about the effects of food on our anatomies. Just imagine -- focusing on how food only can produce mental clarity, balanced excess weight, and longevity. Colbert introduces a groundbreaking sugar detox method, coupled with an anti-inflammatory form of the modified Mediterranean diet plan that resolves a wide spectrum of diseases, including diabetes, heart disease, dementia, tumor, and osteoarthritis. Includes meal plans.



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You can find no other anticipations or arrangements between the publisher, writer, or myself.. Colbert 100% spot on! Husband couldn't eat because of bloat.. Great book Like book Copy and paste very much? I not likely to call this a diet but instead I'm phoning it a "Life Improvement DIET PROGRAM". Yay dr Colbert!, and be prepared to lose more in the arriving days. I'm putting Dr. Colbert to the TEST. This book is fantastic, perfectly written, easy browse, and a plethora of invaluable here is how to eat to stay healthful!. I eat to LIVE, not live to consume. We am pleased to provide a review of this publication by well-known Christian physician, Dr. Don Colbert. "Let Food Be Your Medicine" is not a fresh concept. Chinese have practiced this for thousands of years. Before such things as antibiotics, our pioneer forefathers utilized food as medicine.This review would have been totally different easily wrote it just a day ago. At about 11:00 a.m.Boy was I ever wrong, I have simply completed my seventh week of living and eating my way to a healthy body. Consequently, I am about to put the publication to the ultimate check. I'll decide if the reserve is definitely valid or invalid by the outcomes I experience using the ketogenic diet to create an unfriendly environment for cancer tumor cells in my body. I've suffered from both, and have were able to not merely survive, but thrive by using my own variations of his modified Mediterranean Diet. including: cardiovascular disease, weight problems, arthritis, ADHD, Type 2 diabetes, cancer, and more. From my own experience, I know that Colbert is spot on in relation to diabetes and heart disease.Colbert covers the use of food to combat a range of diseases;I'm anxious to once again get a healthy eating plan underway and to go through the results of tumor being stopped in its tracks.So.We focus on the things Dr... in 6 months, talk to me how Personally i think about this publication, the eating programs, and the other precious information provided by this volume. The first few days were difficult nonetheless it was only brain over matter basically. It took him a month to convince me to check it out because the skeptic inside me made the decision that there is no way this was going to function. Colbert's books over the years. In closing I would like to say you truly are what you eat or don't eat.I recommend this good read and award a 5 Celebrity Rating. I will be buying even more copies to provide out to family and friends, this information needs to be shared!100% spot on I bought because husbands cancer diagnosis..Content reading! Presents the materials in an understandable way.. Colbert Love Dr. Need Wish? I have several of his books and I anticipate increasing my collection until I've got every one of them!. I am a healthy eater in the first place, but this book has given me a fresh motivation to consider every bite of meals I devote my mouth. Love Dr. I put it to practice immediately and lost 6 lbs.does it gas me or weigh me down?.I received a duplicate of this publication from the publisher in exchange for a genuine and timely review. A Real Game Changer for Me..... Dr.... In 2003 I had my initial stroke at the age of

51 after living a healthy lifestyle(or so I thought). I am in extreme pain due from the aftermath of the stroke and from many really bad falls. I got resigned myself to the life span of a recluse rather than participating very much in anything. Then 90 days ago my hubby whose always trying to find something to help with making my life a little better. When he found Dr. Colberts books, "The Keto Diet" and "Let Your Food Be Your Medicine". I've enjoyed numerous Dr.... Cancer doctors wanted him to get peg tube in belly.. CST today (11/7/16) I received a diagnosis from my doctor of Stage 4 colon cancer.. Let YOUR MEAL Be Your Medication"..... Colbert suggested for me to do to alleviate me of my pain. So I went on a very strict version extracted from the two books.Colbert's design is right down to earth and is written in English, instead of some "Medicine" journal or text publication. After week one I noticed that my pain was reduced dramatically. I have stuck to the program to the letter just as Dr. Colbert explained. I am now by the end of week seven and Personally i think as an absolute new man. I've went from a person who was living every day waiting for my entire life to end without promise before me. I can honestly say this has totally and totally changed my entire life. I'm living with much less pain I've proceeded to go from a pain level of 7-8 to a pain level of 2-3 and getting better with each new day time. Good Information The actual diet ingredients repeat quite often so I was able to read this in a day. But also for me, personally, the topic and timeliness cannot be any better. Don't waste your money. The timing of this review and my medical analysis is purely coincidental.this has been totally worthwhile just for the truth that I haven't taken any pain medication since I started this life changing event, so when an added bonus to all of this I've lost 35 lbs. I'm truly not the same man. Not merely is he eating but he is hungry now that food is moving! My life hasn't been better and I'm eating lots of healthy food and taking less medications and all with my children doctors approval. Many thanks Dr. Colbert for giving me helpful information to a better and far improved life. Very great book that explains how the way we consume causes I like that he has a 21 day meal plan in the rear of the reserve also. I'm right now up before 6 am and carrying out things in the house that I haven't carried out in years. Very good information. I understand my numbers are even better now. I just stopped eating meats and converted . After going right through both books, "The Keto Diet & Very good book that explains the way the way we consume causes the majority of our diseases and if we change to a healthy method of eating we can heal our body. This book has helped me to lessen my cholesterol level from 243 to 197 in two months1. I understand my numbers are even better now. I simply stopped eating meat and changed into a plant-based way of life and my results are remarkable. I highly recommend this book. I highly recommend this reserve from a doctor The book is quite informative and practical.. Try the publication of John in the Bible to observe who Gos is and how

exactly to know Him Very good book Dr. To-date, I have lost 9 lbs.! It has also drastically reduced my glucose level from over 200 to 130. I highly recommend this reserve from a health care provider, and a wise guy of God. Darlene Five Stars Product seeing that described, fast shipment Good inf Love it Take your time to read it We love this book good product Good product and fast shipping. Colbert! in fourteen days? Colbert is very good writer. Your comments in reply will be appreciated. Got the plant enzymes and he takes one before every meal..



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