

"Food Over Medicine explains nutrition in an original, highly compelling way. A totally digestible, accessible approach to learning how to maintain or regain your health."

*—Gary Freedman, coauthor of the #1 New York Times
bestseller Skinny Bitch*

Includes 25 recipes
from Del Sroufe,
author of
*Food Over Ketchup—
The Cookbook*



FOOD OVER MEDICINE

THE CONVERSATION
THAT COULD SAVE YOUR LIFE

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Food Over Medicine: The Conversation That Could Save Your Life



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and could even improve test outcomes; to ;Nearly half of Americans take at least one prescription drugs, with almost a quarter taking three or even more, mainly because diseases such as for example diabetes, obesity, and dementia grow more frequent than ever before.without addressing the cause: diet. Overmedicated, overfed, and malnourished, most Americans neglect to realize the response to lower disease rates doesn't lie in more supplements however in the foods we consume. With so much misleading nutritional information thought to be common knowledge, from ;everything in moderation" The problem with medicating common ailments, such as high blood circulation pressure or elevated cholesterol, is usually that drugs treat symptoms;avoid carbs," the average American is definitely ill-equipped to identify the deadly force of abundant, cheap, unhealthy food choices that not merely offer no dietary benefits but actually bring on disease. Popper, PhD, ND, and Glen Merzer invite the reader into a discussion about the dire condition of American health; In Food Over Medicine, Pamela A. Backed by numerous scientific tests, Food Over Medicine details how dietary choices either build health or destroy it. But, more important, they share the key to getting and remaining healthy for life.the consequence of poor nutrition choices stemming from food politics and medical misinformation. Including recipes from Chef Del Sroufe, author of the bestselling Forks Over Knives;The Cookbook and MUCH BETTER THAN Vegan, Food Over Medication reveals the power and practice of optimal nutrition within an accessible way.



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Think for yourself after having ALL the choices presented for you. I think this is the very best and life altering reserve I've ever read! I've read the the greater part of medical books on plant-based diet which have been written over the last 20 years (T Colin Campbell, John McDougall, Neal Barnard, Brenda Davis, Caldwell and Rip Esselstyn, Joel Fuhrman, Doug Lisle, Terry Shintani, John Robbins, etc. I agree with most of what's within the book. This is an extremely intelligent and well written book in regards to a subject that all too few folks are aware--the connection between what we consume and our health. I was identified as having hashimoto's thyroiditis and was place of medicine I was told I would always have to take. I acquired sicker and sicker until I was hardly the walking dead, barely going right through the motions of living. When doctors wouldn't do anything about it, I did my own research. I adopted a vegan diet plan (initially for the like of animal pets, and secondly for my wellness) and my auto immune disease proceeded to go into remission and I hardly ever felt so good! I believe this places Pam in a totally different category vs. After only a couple of times of reducing the dairy, the outward symptoms begun to recede again. Makes sense if you ask me. I also haven't taken any medication in 2 years now. Ask any individual who suffers a fragility fracture or includes a parathyroid adenoma if Osteoporosis can be real and advantages from treatment.. My favorite words of Dr. Thank you to the authors for getting this details to the public!! The amount of support provided at the Wellness Discussion board is much more hands-on, deeper and broader than what is typically provided by other experts. Family Physician's Perspective: Eye-Starting, Impactful, and Timely! As a family physician looking after patients with the typical and epidemic chronic circumstances that plague America (e. If significant amounts of power is in your hands, make use of it to save yourself! This book belongs at the top 10 list since it actually summarizes the most crucial things you have to know about nourishment and it's really very easy to check out. Learning about in this manner of eating approximately one year ago has helped me personally lose 80 pounds, decrease my own health threats for chronic conditions, while leading me to transform just how I practice medicine. Very skewed. Finally acceptance. When I first found "Food Over Medication" by Popper and Merzer, I was intrigued by both the message of the title and by the design of the book by means of a conversation between the two authors. From the opening paragraphs, the reserve captivated me; I felt as if I was seated on a sofa with the authors, hearing a most amazing and important conversation about the food we consume and how it affects our health. Lots of complaining without real advice. I came across myself often thinking, "Why haven't we been told all this before?" In addition to the conversation design of the book, that makes it quite pleasurable to read, there is a extremely logical flow and progression to the topics. Add to that the light humor of the skilled interviewer, Merzer, along with the honest and often hard-hitting, eye-opening truth telling of Popper, and you also have a book that's very difficult to put down. Gleam depth to the conversation that leaves the reader with an extremely profound, thought provoking knowledge of this most important and timely topic which ultimately affects people in so many ways. And they rightly point out the upcoming disaster which health care (i. Superb job, Merzer and Popper! Awesome Best book ever! Steven Lawenda, MD Simple, detailed and complete Pam Popper, may we clone you and also have you open up a couple of Wellness Forum Centers throughout the country? It was my initial thought after scanning this book. you feel denial at first. The conversational framework of the book makes it very easy to check out because the flow is natural rather than too technical. I browse the book in around three evenings that is fast for me personally. It's a great read and I recommend it to everyone. For those who don't know Pam Popper, she runs the Wellness Forum in Columbus, OH.!). high blood circulation pressure, diabetes, heart disease, weight problems), and as a person who himself until twelve months ago ate a fairly typical American diet plan, I must say that learning about a complete foods, plant-based diet plan has had a most profound effect on both my own and professional life. Several areas are covered: chronic disease avoidance and reversal, success tales from the Wellness Institute, food politics, working with your doctor, etc. Then I back again slid and started eating dairy once again and all my symptoms began coming back. all the other plant-based experts in the above list. sadness. Because

people can easily interact live with Pam and her team to learn what to consume, how to prepare the meals, understand the science, and reverse their persistent conditions.! If you suffer from a chronic condition, you should not only read this reserve, you should also get in touch with Pam Popper at the Wellness Forum. Read this reserve if you'd prefer your health! I have been on my very own path to finding these same answers, of taking charge of my wellness when doctors wouldn't perform it, and this publication confirms everything I was discovering. Why is it that we spend the most cash on health care on earth yet our folks are amongst the unhealthiest?e. Read 1 star reviews before buying The entire book is usually written in interview format.Al DavisAuthor, The Diet FallaciesAvailable on Amazon Understanding how to live right.Needless to say, with me she is preaching to the choir--I stopped eating animal products almost completely six years back, and feel great--at 73 yrs . old.. I want the cookbook /starter meals list accompaniment! So much to learn but this book gives me hope...I am so happy to have found it. Learning what this means to take the oil and dairy out of my meals. Great info such a great tool for fresh knowledge and better health This is a learning practice to improve your eating, but if you've ever felt your health decline it is worth re-educating yourself... Eye opening Very interesting book since We am physician. This is a great first step eye opener to changing dietary behaviors forever. Fuhrman. This publication can be an indictment of the health care system, insurance sector, pharmaceutical industry and federal government.! I right now follow Pam. However, as a specialist in musculoskeletal medication I do not concur that Osteoporosis can be an condition fabricated by the drug industry. After scanning this book, I don't know why anyone, myself included, would want to eat the right path into sickness. Thanks a lot for writing this – you have done a great deed for the health of our society at the same time when this book is necessary most! Love the study. Pro-Vegetarian, no real information. sickness care) can be if we continue down the path of government subsidies for unhealthy food, the generally unchanging American eating habits, and our individual finite capacity for our bodies undoing the wrong we perform to them. I could not get although first chapter. No true information, just pro-vegetarian, anti-animal items. I now look at many, if not most chronic circumstances as preventable and reversible through this life-style, and I've found tremendous satisfaction in assisting my patients start to see the light and take this journey themselves. There is a degree of candidness in this conversation that is very telling of the industries and politics involved. Seems like an advertisement for the author's program. I would return it but I paid about \$8 for the book, and it would price \$6 to ship back again. The book description can be deceptive, intentionally or not really. Disappointed in this buy.overwhelmed. I love this book for its file format of delivering the message. It's all conversational..an easy task to follow the reasoning and logic. You fundamentally have everyone letting you know to eat a certain supply of "health", but that way is the very thing making you ill.disbelief..... The format of the book is a casual conversation between Pam and Glen from beginning to end... It's almost like the phases of grief... Why?... Great conversational book! then angry you've been mislead all your lifestyle by doctors, supplement makers, and the food Giants.With this new passion, I have a new yearning to learn as very much as I can about this unfortunately missing little bit of my medical training. I already have educated myself by reading many authors including Dr.. Excellent Excellent information within an easily relatable conversation design. How refreshing to listen to a doctor NOT state, "let's try this medication and find if it works." I very much like Pam Popper's attitude towards wellness. If the general public knew how much of their current health status was within their own hands, I find it hard to believe they wouldn't initiate adjustments to treat the problem. It will make you question everything you think you understand about diet and health. And then you are blamed by your physician for eating that regular American diet they are recommending. This book can be amazing and I wish each and every person knew these details! Popper are "informed consent." What a concept!AMAZING AND INCREDIBLY EYE OPENING! Utilize the doctors knowledge, that's what you are spending them for, but the choice is eventually yours to make.g. Thank you for this wonderful reserve. Corporate, Pharmaceutical greed.



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