



Authoritative information and practical
advice on achieving optimal health, over-
coming 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



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standout"Improvements in this second edition include:phytochemicals and antioxidantsfoods that increase immunityhow to choose the most nutritious foods"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, making it easy for the reader to quickly discover the subjects in which he or she is interested and to incorporate the dietary suggestions into his or her daily life. This is a complete, practical guide to eating for good health.While not a cookbook, Prescription for Dietary Wellness also includes numerous easy, wholesome dishes and advice on cooking strategies. healing foodshow to create a diet for your individual optimal health, considering special dietary requirements such as those of women, children, vegetarians, and othersfood combiningdiet-based healing methods such as juicing, fasting, and detoxifyinghow to avoid potential dietary hazards, including threats to water safety, foodborne diseases, meals additives, meals irradiation, antibiotics, genetically built foods, and undesirable substances such as caffeine, cholesterol, and sugar.



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



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