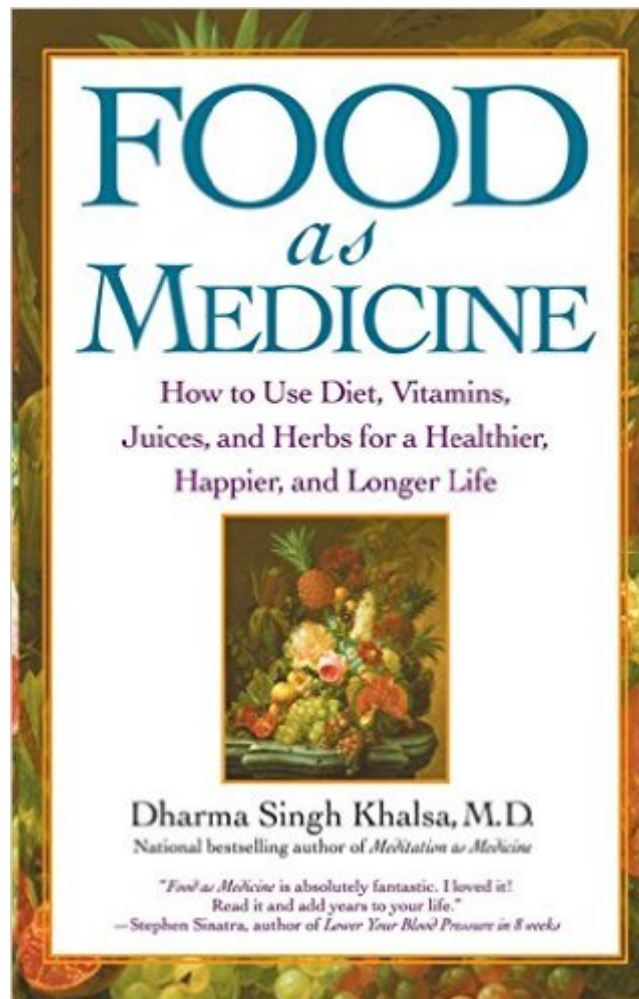


The book was found

Food As Medicine: How To Use Diet, Vitamins, Juices, And Herbs For A Healthier, Happier, And Longer Life



Synopsis

Did you know that blueberries can increase brain longevity? That kiwi fruit can be an excellent weapon for battling cancer and heart disease? That pears can help prevent fibroid tumors? From Dr. Dharma Singh Khalsa, the bestselling author of *Meditation as Medicine*, comes a remarkable book that helps you achieve maximum health by eating well. Grounded in science, *Food as Medicine* is a pragmatic and accessible reference that sets readers on the right nutritional path. Dr. Khalsa then explains how to use natural organic juices and foods as medicine, and how food can help reverse the progress or diminish the symptoms of certain diseases, such as Alzheimer's and Hepatitis C. Drawing on patient case histories, *Food as Medicine* outlines the seven principles of "The Khalsa Plan" for healthy eating, details ailment-specific nutritional plans, and lays out dozens of delicious recipes that promote overall well-being. After all, food is not only the original medicine -- it's the best medicine.

Book Information

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Average Customer Review: 4.4 out of 5 stars Â Â See all reviews Â (41 customer reviews)

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Customer Reviews

"Your body has the ability to heal itself if you just give it a chance. Using food as medicine gives [you] the greatest chance of all to heal....What you eat can either prevent cancer and other chronic illnesses or help cause them....My number one recommendation is to eat a rainbow of fresh fruits and vegetables every day." Dharma Singh Khalsa, M.D. *FOOD AS MEDICINE* is a must-read for all, particularly those who dislike fruits and/or vegetables but want to be healthy and prevent diseases because the doctor explains clearly and succinctly what each food can do for your body. He also

has a chapter about each common illness and what he recommends eating to overcome the illness. He reminds us that by cutting down on total calories consumed while eating nutritionally dense food, we can increase our life span by as much as thirty percent. Dr. Khalsa writes a chapter about each of his seven principles of yoga nutritional therapy to help you restore balance to your body, mind and soul. They are:

- 1 Detoxify your body. (If fasting isn't for you, you can take two 450 mg aloe vera tablets at night or go on a monodiet.)
- 2 Go organic. ("The switch to organic food is vital if we are to save our environment.")
- 3 Limit or eliminate genetically engineered foods. (Examples include: aspartame, canola, corn, cotton, crook-necked yellow squash, dairy products, papaya, potatoes, soybeans, and tomatoes.)
- 4 Eat clean protein. (Buffalo, rabbit, ostrich, and venison are some non-traditional sources. I personally enjoy the latter very much. Choose chicken and fish--preferably wild salmon or other oily fish. Shark, swordfish and tuna also have potential problems with contamination--mercury, lead, cadmium, chromium and arsenic.

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