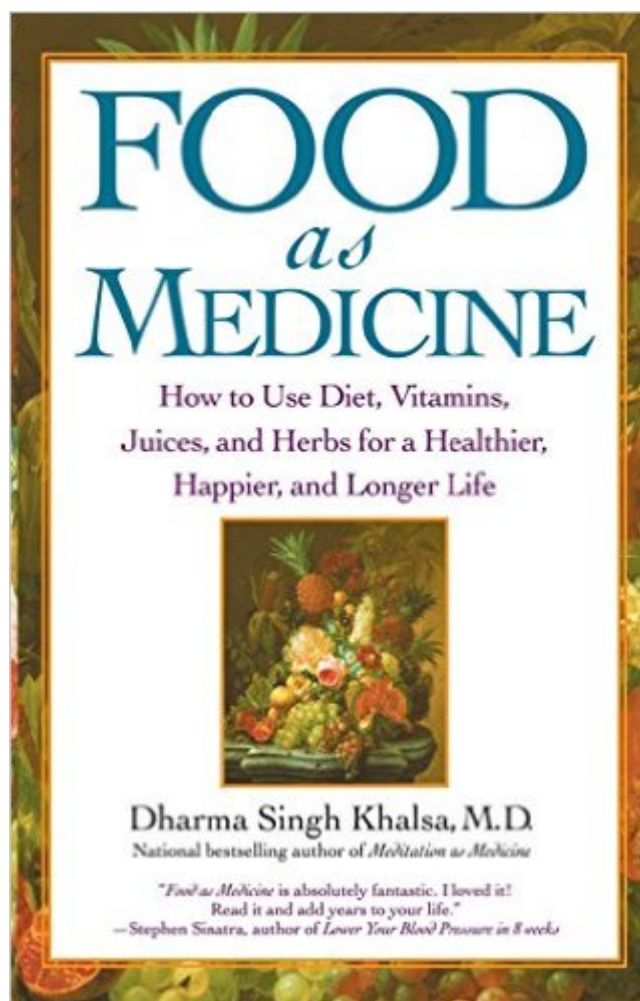


The book was found

# 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

Paperback: 368 pages

Publisher: Atria Books (January 6, 2004)

Language: English

ISBN-10: 0743442288

ISBN-13: 978-0743442282

Product Dimensions: 5.5 x 1 x 8.4 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

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

Best Sellers Rank: #89,199 in Books (See Top 100 in Books) #51 in [Books > Health, Fitness & Dieting > Nutrition > Vitamins & Supplements](#) #80 in [Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy](#) #200 in [Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies](#)

## 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.

[Download to continue reading...](#)

Food As Medicine: How to Use Diet, Vitamins, Juices, and Herbs for a Healthier, Happier, and Longer Life  
Herbs: Everything You Need To Know About Medicinal And Culinary Herbs: (Growing Herbs, Herbs For Health And Healing, Herbs For Weight Loss, Herb Gardening)  
Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs)  
How To Dry Herbs: The Ultimate Guide To Drying Herbs At Home For Better Health And Nutrition (Preserving Herbs, Drying Food, Herbs And Spices)  
GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes ( How to grow herbs, growing herbs for beginners )  
The Disease Delusion: Conquering the Causes of Chronic Illness for a Healthier, Longer, and Happier Life  
Natural Medicine and Herbs: 50+ Natural Medicine to Reduce Anxiety, Depression, and Ailments from Your Body: (Essential Oils, Aromatherapy, Herbal Remedies, Supplements, Healing, Vitamins)  
The IBS Diet: How To Manage Your Irritable Bowel Syndrome Through Food For A Healthier and Happier Life (IBS Relief, IBS Solution)  
ZONE DIET: Zone Diet Cookbook (Includes 50 Zone Diet Recipes For Every Meal) (Antioxidants & Phytochemicals, Food Allergies, Macrobiotics, Food Allergies, ... Zone diet food, Zone diet for beginners)  
1) The Great American Health Hoax: The Surprising Truth About How Modern Medicine Keeps You Sick\_How to Choose a Healthier, Happier, and Disease-Free Life  
Non Alcoholic Fatty Liver Disease  
Liver Cleanse Diet & Recipes: because a happier liver makes a happier life!  
HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3)

Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, diabetes diet, paleo diet, anti inflammatory diet) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Raw Food Diet: 50+ Raw Food Recipes Inside This Raw Food Cookbook. Raw Food Diet For Beginners In This Step By Step Guide To Successfully Transitioning ... Vegan Cookbook, Vegan Diet, Vegan Recipes) Raw Food: Lazy Man's Guide To Raw Food Success (raw food, raw vegan, raw food diet, raw vegan diet, 801010, 801010 diet,) Zero Belly Fat: Smoothies, Juices, Salads and Many Other Healthy Recipes to Lose Weight and Maintain Flat Belly (Weight Loss, Zero Belly Diet, Flat Belly Diet, Healthy Diet) Cancer In Dogs. Dog Cancer Information Including Best Dog Food, Vitamins, Supplements, Holistic Treatments for Dogs with Tumors and Raw Food Diet for Dogs. Ketogenic Diet: Ketogenic Weight Loss Diet, Avoid Mistakes & Live Healthier (Ketogenic Diet, Ketogenic Weight Loss, Ketogenic Recipes, Ketogenic Diet Plan)

[Dmca](#)