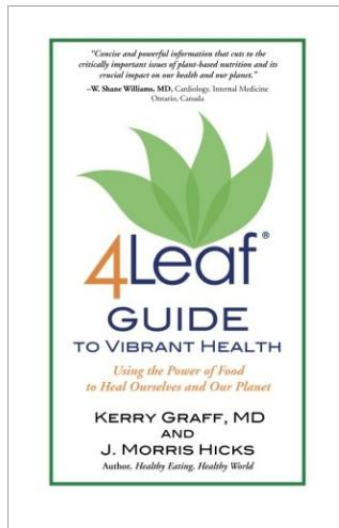




4leaf Guide to Vibrant Health: Using the Power of Food to Heal Ourselves and Our Planet (Paperback)

By J Morris Hicks

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. While today s medical professionals still promise to uphold the Hippocratic oath, few modern doctors know about-or adhere to-the ancient Greek physician s maxim, Let food be thy medicine and medicine be thy food. But the truth of Hippocrates s words still rings true as current research reveals the healing power of plant-based, whole foods. Cowritten by a practicing MD and the author of Healthy Eating, Healthy World, this revolutionary guide to human nutrition fully explains not only why we must change what we re eating but also exactly how to do it. Discover how practicing better eating habits can improve your health, as well as actually prevent disease and even reverse its damage-whether it s type II diabetes, cancer, or another type of chronic illness. 4Leaf Guide to Vibrant Health doesn t just give you a list of foods to avoid-it helps you plan what you are going to eat, provides you with tips to remember when you re shopping and dining out, and even includes several starter recipes. Whether you re a physician seeking nutritional advice or an individual...



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