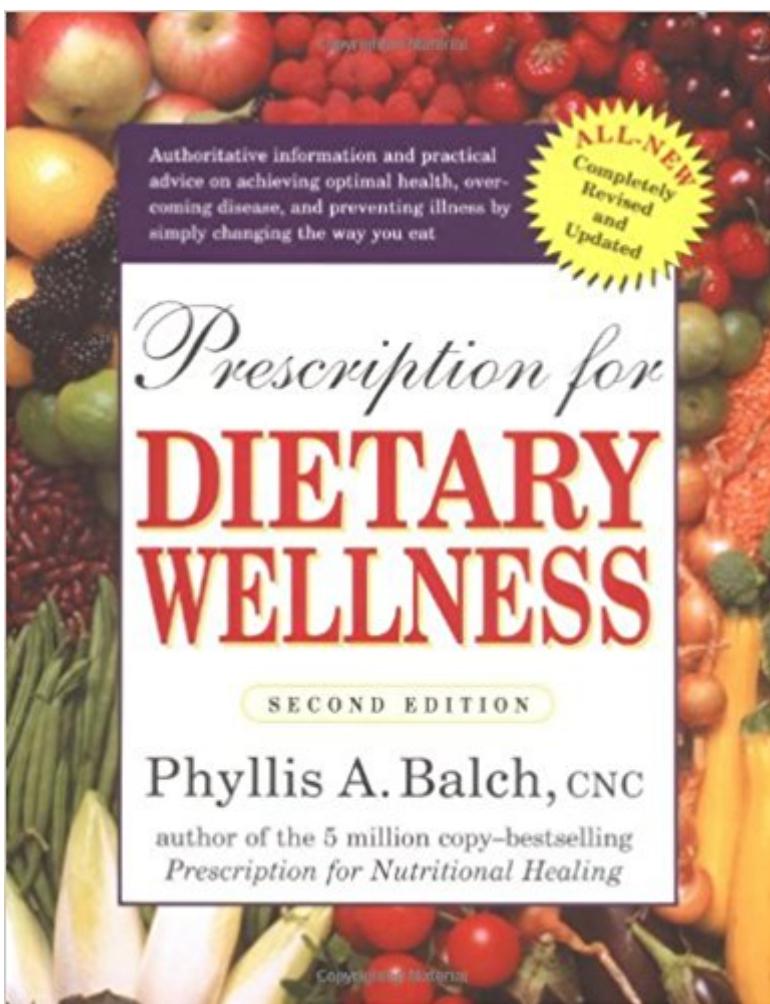


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Prescription For Dietary Wellness: Using Foods To Heal 2nd Edition



Synopsis

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 find the subjects in which he or she is interested and to incorporate the dietary recommendations into his or her daily life. Updates in this second edition include: phytochemicals and antioxidants; foods that boost immunity; how to choose the most nutritious foods; "standout" healing foods; how to design a diet for your individual optimal health, taking into account special dietary needs such as those of women, children, vegetarians, and others; food combining; diet-based healing techniques such as juicing, fasting, and detoxifying; how to avoid potential dietary dangers, including threats to water safety, foodborne diseases, food additives, food irradiation, antibiotics, genetically engineered foods, and undesirable substances such as caffeine, cholesterol, and sugar. While not a cookbook, Prescription for Dietary Wellness also includes a number of easy, wholesome recipes and advice on cooking methods. It is a complete, practical guide to eating for good health.

Book Information

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Customer Reviews

As Hippocrates said, "Leave your drugs in the chemist's pot if you can heal the patient with food." Seems people didn't listen to him, because as the U.S. Surgeon General said more than 2,000 years after him, "Two-thirds of all deaths in 1997 in this country could be attributed to diet." They'd both likely advocate the information contained in Prescription for Dietary Wellness, a massive

reference aimed at preventing and treating disease through diet. The Balchs, authors of the 3-million-plus bestseller Prescription for Nutritional Healing, which focuses mainly on supplements and herbs, have created another masterpiece. This book gives a solid education in nutrition basics, with references to the latest research. It also includes flavorful, antioxidant-packed recipes, and adds advice that has been proven effective for treating various ailments using specific foods and supplements. The book also includes: Charts with warning signs of disease and nutrient deficiency, along with guidelines to help start the healing process Charts that detail the nutrient needs of various organs, and which foods best supply the nutrients Lengthy chapters on specific categories of foods, such as beans, cruciferous vegetables, oils, and grains, explaining how best to cook them and the health benefits they confer More than 100 pages of quick, healthy, mostly low-fat recipes designed to pack the most nutritional punch for the calories The Balchs add advice about live juice and herbal preparations and cleansing (i.e., fasting and enemas, including a specific six-day cleansing diet). While this guide can feel a bit overwhelming at times (there are so many nutrients to consider, so many veggies and whole grains to consume), it's certainly not too technical, even for folks who could use a copy of Nutrition for Dummies, and it certainly succeeds in its mission of helping foster better dietary habits for good health. --This text refers to an out of print or unavailable edition of this title.

Phyllis Balch was author of the bestselling Prescription for Nutritional Healing, as well as of Prescription for Nutritional Healing: The A-to-Z Guide to Supplements, and Prescription for Herbal Healing.

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 based on about 200 student opinions. The students really like her work. In the class feedback survey we ask "As compared to other classes you have taken elsewhere this class is" and students give it 5 out of 5 stars. When asked what was most useful in the class %90 of the students rave about the book.

I have had this book from the library for over a year, and finally found this book at a reasonable price! Very informative book about food, and water, and healthy recepies!! I love this book!!

Bought this book once before and I donated it when I was moving. When I found out I wouldn't be moving for another month I bought a new one. Everything you need for your health and more! All of

Balch's books are great.

I love the information in this book! My original copy was lost so I came back to buy another. I keep this around to motivate me to keep trying and using vegetables. The recipes help to inspire me. This book has helped me better understand the body and food relationship. Also. Shipping and delivery time were excellent. I am thankful to have my book again.

lots of info,,large book,,well pleased with it,,

Great book

Great book. I was highly amazed at how much detail was in this book and all the resources packed in the back that anyone can use. I have put much of this info. into practice in my life and in the lives of future clients. Would say that it should be a cornerstone to nutrition, diet, wellness, medical studies, etc...in any program.

Yes, the book is worth the waite. Thx for your prompt response. I look forward to gaining more insight into the dietary wellness.1Love,Fine1952

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