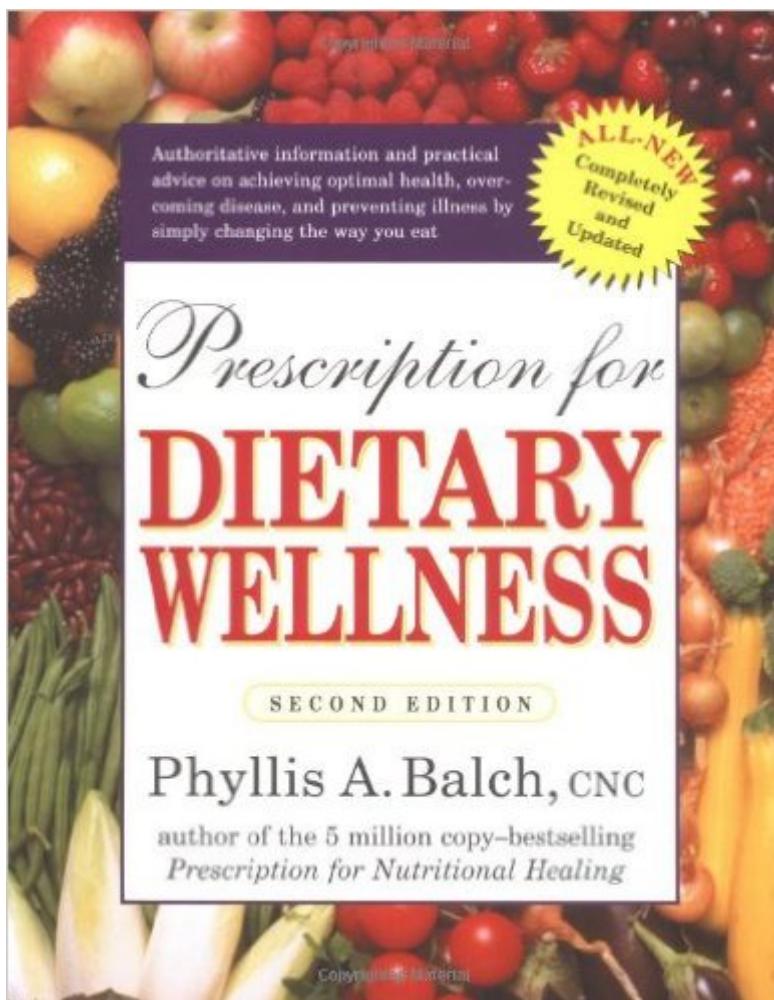


The book was found

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

This book seriously needs an editor. I have found much of value in the book, but have been frustrated frequently to find sentences and paragraphs left unfinished and sometimes entire pages missing or misplaced. Surely no one read through the entire copy before publication, or errors of this magnitude could not occur. It's a shame, because it could cause someone to just put the book back on the shelf and leave it rather than try to make sense of the wealth of information it contains.

I have both this book and the other(Pres. for Nutritional Healing). I have found this book to be a great resource. I recommend it to all my friends and family whom I am trying to turn on to nutrition. It is a great "starter book" for people just into diet and nutrition and want to be educated about the things they put into their bodies. It is very informative and an easy read. It is a must for everybody out there wanting to learn about food, their bodies, and how they interact. A wonderful book.

This is a fantastic source of information on eating the right foods in order to promote good health and healing. I highly recommend this book to anyone who is interested in living longer,living healthier, and just plain living instead of simply existing. Cancer survivors will find this an invaluable resource.

Great, informative, well organized, easy use reference book! Very helpful to get your body healthy again using the natural healing properties of foods to match your health needs throughout your daily diet.I highly recommend this book for anyone wanting to leave harmful, sometimes toxic prescription medicines(with all their side effects)behind, and wants to develop natural healing through eating the right foods containing nutrients targeting your specific health issues!!! ALL NATURAL!!!

I fond the information in Balch's book empowering. I try to eat abalanced diet, but I can tell my body isn't getting "enough". Her book, although poorly organized in places, gave me theknowledge about which vitamins, minerals and supplements would be bestfor me to add to my diet in order to give it "enough"....

Being a Chiropractor, I am always interested in new info on wellness and staying healthy.This book offers insight into the importance of diet and nutrition. This is stuff I have found very useful when trying to educate my own patients. The author's other book,Prescriptions for nutritional healing, is another excellent reference for people interested in becoming and staying well.

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.

This book is packed with information about the foods you can consume (or shouldn't) to have a

well-balanced diet and healthy lifestyle. I really enjoyed the comprehensive breakdown regarding each fruit, vegetable and grain. The recipes at the end of each chapter give the reader a practical application. Honestly, I read this book with a highlighter in hand and constantly pick it up to reference. Since reading this book, I add cinnamon to all my snacks to help maintain blood sugar levels...everyone can find something useful in this reference book!

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