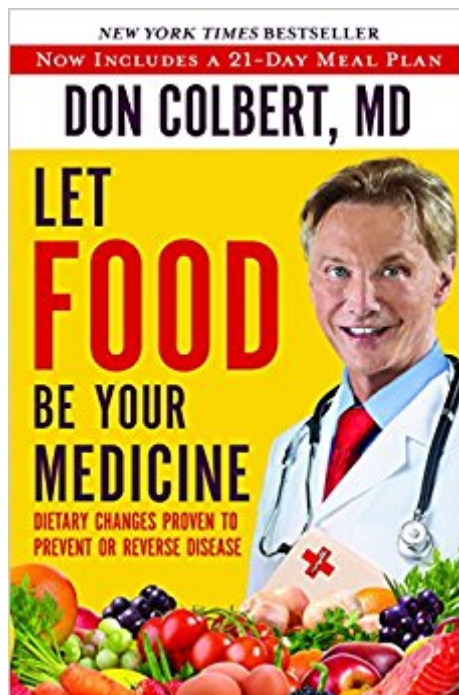




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Let Food Be Your Medicine: Dietary Changes Proven To Prevent And Reverse Disease



Synopsis

Most of us think God is not concerned with what we eat, but the Bible actually offers great insight and instruction about the effects of food on our bodies. Dr. Colbert introduces a revolutionary sugar detox method, combined with an anti-inflammatory form of the modified Mediterranean diet that resolves a broad spectrum of diseases, including diabetes, heart disease, dementia, cancer, and osteoarthritis. Just imagine -- understanding how food alone can produce mental clarity, balanced weight, and longevity. Includes meal plans.

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Most of us think God is not concerned with what we eat, but the Bible actually offers great insight and instruction about the effects of food on our bodies. Dr. Colbert introduces a revolutionary sugar detox method, combined with an anti-inflammatory form of the modified Mediterranean diet that resolves a broad spectrum of diseases, including diabetes, heart disease, dementia, cancer, and osteoarthritis. Just imagine -- understanding how food alone can produce mental clarity, balanced weight, and longevity. Includes meal plans.

Dr. Don Colbert has been board-certified in Family Practice for over 25 years and practices Anti-aging and Integrative medicine. He is a New York Times bestselling author of books such as *The Seven Pillars of Health*, *What Would Jesus Eat*, *Deadly Emotions*, *What You Don't Know May be Killing You*, and many more with over 10 million books sold. He is the Medical Director of the Divine Health Wellness Center where he has treated over 50,000 patients. He is also an internationally known expert and prolific speaker on Integrative Medicine. He and his wife, Mary,

now reside in Orlando, Florida.

I am pleased to provide a review of this publication by well-known Christian physician, Dr. Don Colbert. "Let Food Be Your Medicine" is not a new concept. Chinese have practiced this for thousands of years. Before such things as antibiotics, our pioneer forefathers used food as medicine. This review would have been totally different if I had written it just 24 hours ago. At about 11:00 a.m. CST this morning (11/7/16) I received a diagnosis from my doctor of Stage 4 colon cancer. Consequently, I am about to put the book to the ultimate test. I'll decide if the book is valid or invalid by the results I experience using the ketogenic diet to create an unfriendly environment for cancer cells within my body. Colbert covers the use of food to combat a range of diseases; including: heart disease, obesity, arthritis, ADHD, Type 2 diabetes, cancer, and more. From my own experience, I know that Colbert is spot on with regards to diabetes and heart disease. I've suffered from both, and have managed to not only survive, but thrive by using my own versions of his modified Mediterranean Diet. I'm anxious to once again get a healthy eating program underway and to experience the results of cancer being stopped in its tracks. So.... in 6 months, ask me how I feel about this book, the eating programs, and the other valuable information provided by this volume. Colbert's style is down to earth and is written in English, rather than some "Medicine" journal or text book. I've enjoyed a number of Dr. Colbert's books over the years. But for me, personally, the subject and timeliness could not be any better. I highly recommend this good read and award a 5 Star Rating. I received a copy of this book from the publisher in exchange for an honest and timely review. There are no other expectations or arrangements between the publisher, author, or myself. The timing of this review and my medical diagnosis is purely coincidental. Happy reading! Your comments in reply will be appreciated.

"Let Food Be Your Medicine" explains how a Mediterranean diet modified to be further anti-inflammatory can prevent or help resolve many health issues. After telling his story, the author presented the basic Mediterranean diet and explained the modifications he made to remove inflammatory foods. This is the basic diet that he suggests for everyone. It's very similar to what I eat based on the nutritional advice I've heard lately for cancer and heart disease prevention. He tackles more diseases than that, though: cardiovascular disease, arthritis and autoimmune disease, type 2 diabetes, cancer (both early and late stages), early stages of dementia & Alzheimer's, ADAH and autism, and mental illness. He further modified his diet for each disease as certain foods seem to aggravate certain conditions. He provided several suggestions for what a breakfast, lunch, and

dinner might look like. He also suggested things like correcting lies with truth, getting enough exercise, and so on. He also told stories about people who were helped by his diet and suggestions. His philosophy is that drugs can help treat symptoms, but the ideal is to change your lifestyle to a sustainable, healthier one so that you can be weaned off of or at least greatly reduce the drugs you need. He maintained an encouraging tone, and his advice was easy to understand and felt do-able. Overall, I think his advice is generally quite good and helpful. I received an ebook review copy of this book from the publisher through NetGalley.

Excited to read about diet to eliminate internal inflammation, which is source of all diseases.

Always good to hear the author's personal story to have things make sense later. He does that and more. I bought a few of these to include as xmas gifts.

The book is speaking to my health issues. I am halfway through but I highly recommend it to anyone with chronic health problems. Kudos to Dr Colbert.

Dr. Colbert is very knowledgeable!!! His books are worth reading and following his advice.

I enjoy Dr. Don Colbert's books and products. It is easy to read and provides common sense advice that anyone can understand and implement.

I have really enjoyed reading this book and I have been following the plan for three weeks. It has made a big difference in the way that I feel when I get up in the morning.

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