

Food is Better Medicine Than Drugs: Your Prescription for Drug-free Health

Patrick Holford, Jerome Burne
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*'Don't go to your doctor before
reading this book'*



PATRICK HOLFORD
*Author of the bestselling *New Optimum Nutrition Bible**
& JEROME BURNE
Award-winning medical journalist

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#3169756 in Books 2006-10-09 Original language: English PDF # 1 1.65 x 9.53 x 6.50l, .0 #File Name: 0749927100320 pages | File size: 54.Mb

Patrick Holford, Jerome Burne : Food is Better Medicine Than Drugs: Your Prescription for Drug-free Health before purchasing it in order to gage whether or not it would be worth my time, and all praised Food is Better Medicine Than Drugs: Your Prescription for Drug-free Health:

0 of 0 people found the following review helpful. Well presented By ionGood information on living healthier and not being poisoned by all big Pharm drugs 0 of 0 people found the following review helpful. Four Stars By Joy Lewis I like

this book a lot, but would use it more if it referred directly to healing specific illnesses. 0 of 0 people found the following review helpful. Five Stars
By C. R. good book

FOOD IS BETTER MEDICINE THAN DRUGS is an important and potentially controversial book from top nutritionist Patrick Holford and leading health journalist Jerome Burne. Brilliantly researched and based on solid scientific trials and illuminating case histories, Food is Better Medicine than Drugs will revolutionise the way you think about your health and put you back in charge. The authors reveal how modern medicine has become distorted and is now, for reasons largely to do with profit and power, heavily dependent on prescription drugs. They look at common health problems (pain/arthritis, heart, depression, diabetes, memory, hormones, digestion, breathing, infections etc) and compare the effectiveness of nutrition-based approaches with today's potentially harmful commonly used medicines.

** 'Patrick Holford is one of the world's leading authorities on new approaches to health and nutrition.' DAILY MAIL
About the Author* Patrick Holford is one of the world's leading authorities on new approaches to health and nutrition. In 1984 he founded the Institute for Optimum Nutrition in London, now one of the most highly respected training colleges for clinical nutritionists - where he has researched the role of nutrition in influencing intelligence and mental health. * He directs the UK Mental Health Project and its Brain Bio Centre. * He regularly appears in the media and is the author of over 20 health books, including Optimum Nutrition for the Mind, The Holford Low-GI Diet and Patrick Holford's New Optimum Nutrition Bible which has sold over a million copies worldwide. * Jerome Burne is a freelance journalist specialising in biosciences, medicine and health. He writes for The Times's Body and Soul and T2 sections, and has also written regularly for the Sunday Telegraph, the Independent, the Guardian and the Financial Times.