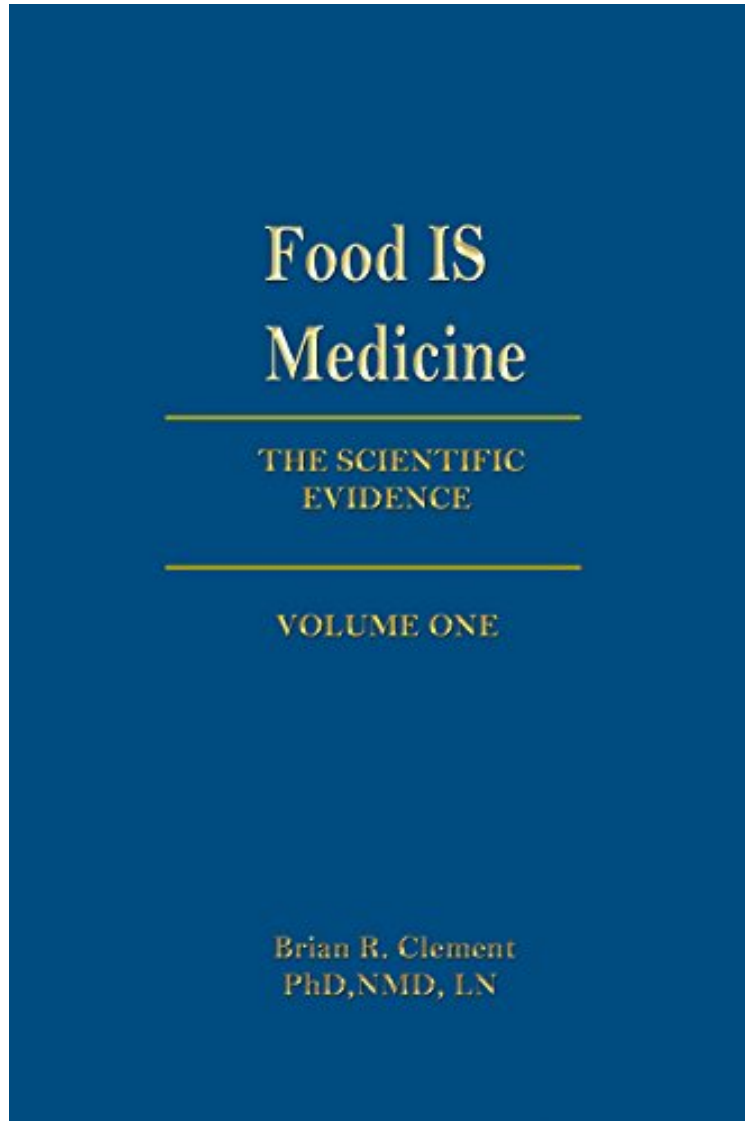


Food Is Medicine: The Scientific Evidence - Volume One

Brian R. Clement

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Brian R. Clement : Food Is Medicine: The Scientific Evidence - Volume One before purchasing it in order to gauge whether or not it would be worth my time, and all praised Food Is Medicine: The Scientific Evidence - Volume One:

7 of 7 people found the following review helpful. Great resource By Carey L. Falter For me, I was surprised that it was a book that didn't have writing per se, but mostly a summation of thousands of studies of how certain foods provide positive health benefits and healing. Other sections listed studies on reduced caloric intake and increased lifespan, difference in nutrient levels in raw versus cooked food, and organic versus nonorganic foods. Very interesting as all this was, if you want to know more than what a small paragraph contains, you would have to go look up the study

yourself. However, with this book you at least know the study exists and where to look for it. 18 of 19 people found the following review helpful. Every MD, healer, and practitioner should reference this book! By Wendy Eden Nobody brings it like Dr. Brian Clement. This book is his legacy. His information is old and new again. In this very detailed and well organized manual he brings the proof of compiled research that nearly 40 years of Director at Hippocrates Health Institute has shown, the incredible healing properties found in the compounds, phytochemicals, and nutrients of simple raw living foods. I had the privilege and good luck to have been able to experience this myself having done the 9 week Health Educator Course at Hippocrates Health Institute where tens, maybe hundreds of thousands have crossed their doors to find a new empowering lifestyle and regained their health with the use of non invasive modalities, pure organic foods, and entering into a new belief system of the bodies intelligence and innate ability to heal itself. I watched the guests give their testimonials with tears in my eyes. Every MD, healer, practitioner and lay person should read this book and put it to use in their lives. 0 of 0 people found the following review helpful. Five Stars By Angela Well written.

Tens of thousands of scientific studies have been performed worldwide affirming the fundamental role that unprocessed, unheated plant-based food plays in the process of disease recovery and prevention. Food IS Medicine is a three-volume series presenting noteworthy and provocative data from studies clearly demonstrating that the most important ingested medicine comes from the food we consume. The key finding of each study is summarized in accessible language for both the layperson or consummate culinary or nutrition professional. The studies are then presented chronologically, so the reader can grasp the evolution of findings and theories about the health impacts of various nutrients and foods. Volume One comprises five chapters covering the following topics: (1) phytochemicals in food and their health-creating properties, (2) the importance of nutrient synergies to human health, (3) the nutrient superiority of organic fruits and vegetables compared to nonorganic produce, (4) the health benefits of calorie-restrictive diets and fasting, and (5) the nutrient retention and health benefits of raw foods compared to cooked or processed foods.

About the Author Dr. Brian R. Clement has directed the renowned Hippocrates Health Institute for more than three decades. He is internationally recognized for his relentless pursuit of complimentary health methods that support recovery and prevention of disease. For more than four decades, Dr. Clement has been personally involved in clinical research on a daily basis with the hundreds of thousands of people who have been through the program he developed and maintains. Dr. Clement hopes this three-volume series, Food IS Medicine, will make both patients and practitioners aware of the large quantity of scientific data that documents how the food we eat can either be our best friend or our worst foe.