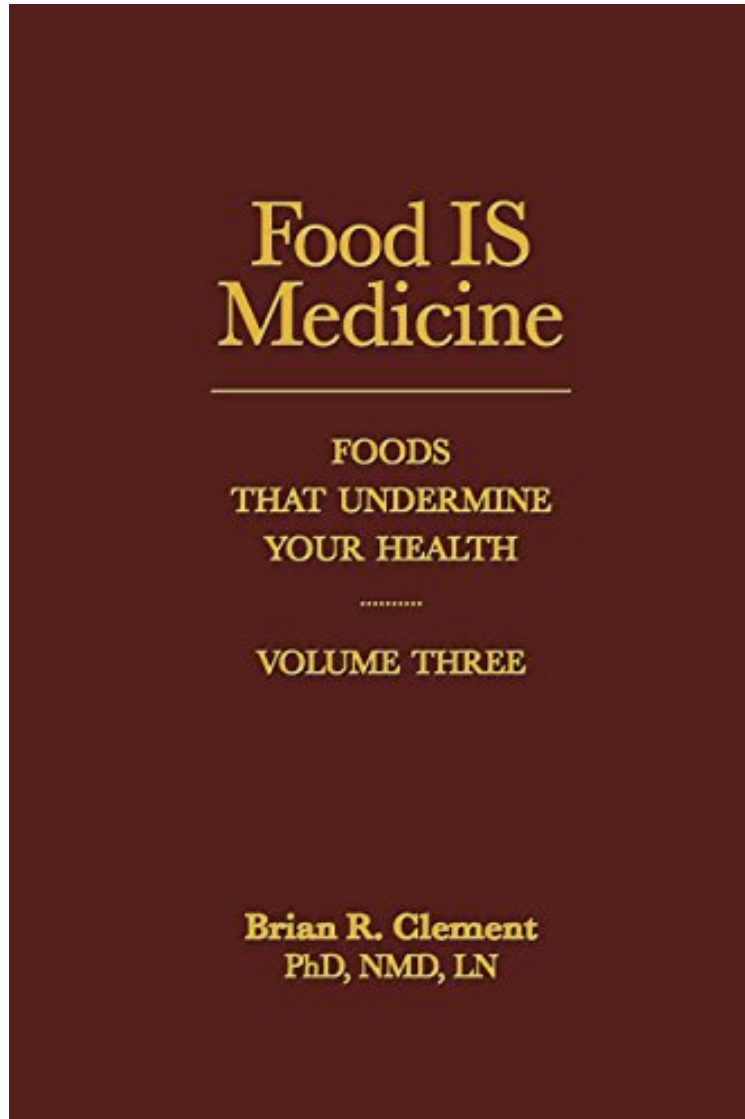


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## Food IS Medicine, Volume Three

*Brian Clement*

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The Food IS Medicine series emphasizes the powerful effect that an organic, plant-based diet has on disease

prevention and recovery. The evidence provided in this series suggests that when a diet consists of a wide variety of health-building foods, it protects cells from degeneration and affords greater potential for a longer life. Volume Three compiles summaries of current scientific studies that spotlight the foremost dietary hazards to human health. High on this list are meat, dairy products, and sugar. Processed foods, food additives and food contaminants are also proving to be a potential cause of chronic illness. Brian Clement advocates that avoiding non-foods and an ever increasing group of manmade products is just as important in disease prevention and longevity as the consumption of a proper diet. This indispensable reference provides key findings on dozens of conditions and their relationship to the foods we eat.

About the Author Dr. Brian Clement, co-director of Hippocrates Health Institute in West Palm Beach, Florida, has spent almost four decades studying nutrition and natural healthcare. He has received graduate degrees in both naturopathic medicine and nutritional science. Since 1981 he has directed the Institute's growth and development, as well as facilitated the implementation of progressive health treatments and programs. Dr. Clement has conducted countless seminars, lectures and educational programs, and has traveled to more than 25 countries motivating the public to take action to improve their lives. He has written numerous books in which he explores the various aspects of health, spirituality and natural healing.