

(Free pdf) Food Is Your Best Medicine

Food Is Your Best Medicine

Henry G Bieler

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#3768103 in Books 1973Ingredients: Example IngredientsPDF # 1 .75 x 4.50 x 7.00l, .31 #File Name: 0394718372236 pagesDocuments Dr. Bieler's belief, that improper food causes disease.How body reacts to food in both health and illness.Proper food can cure disease.Suggestion for when you should not eat as it is as important as what you eat.Discover which foods are helpful, and which are harmful. | File size: 55.Mb

Henry G Bieler : Food Is Your Best Medicine before purchasing it in order to gauge whether or not it would be worth my time, and all praised Food Is Your Best Medicine:

16 of 16 people found the following review helpful. Henry Bieler Saved My Life!By Stephanie RiseleyThis book, and the doctor who wrote it, saved my life. When I was 20, I was dying of SLE. I was taking 60 mg of prednisone, I had pericarditis, bi-lateral lung effusions and of my body was wracked with pain! But then I met Henry Bieler, MD, and I used his techniques to heal. I changed my diet completely and followed his advice. The book seems somewhat "old fashioned" now, but Henry Bieler was born in the late 1800s, and I think he died in 1971, at 93 in a mountain climbing accident! What a way to go! What he said in 1965 is still valid!4 of 4 people found the following review helpful. I read this book many years ago and was delighted to find it is still in printBy Renata RobbI read this book many years ago and was delighted to find it is still in print! Dr. Bieler's advice was needed then and is even more needed now. Prescription drugs have taken over our lives and, although a few may be necessary, many are not and they are not improving our health or our lives. Food manufacturers are removing the nutrition from real food and replacing it with chemical supplements. Dr. Bieler is right - food is our best medicine. I would add "Real" before the title and advise people to visit their farmers' markets.0 of 0 people found the following review helpful. buy this book and read itBy Dorey E. EvansBest book I've read on the subject ever. You won't find specific recipes in here or anything -

because when this book was written, most people knew how to cook and didn't need recipes for simple soups and such. .. This book has some of the best advice I've gotten from anyone, including a plethora of doctors and know absolutely nothing about health.

A fascinating interpretation of how the body functions to maintain good health and addresses all kinds of ailments with specific nutritional approaches. A pioneering nutrition classic.

From the Inside Flap A fascinating interpretation of how the body functions to maintain good health and addresses all kinds of ailments with specific nutritional approaches. A pioneering nutrition classic. About the Author Henry G. Bieler, MD, studied medicine at the University of Cincinnati, where he came under the lifelong influence of Dr. Martin Fischer, the great physiologist and philosopher. For more than 50 years Dr. Bieler treated great motion-picture stars, coal miners, politicians and professional men, farmers and Pasadena dowagers. He brought thousands of healthy babies into the world, including his own children and grandchildren. He died in October 1975.