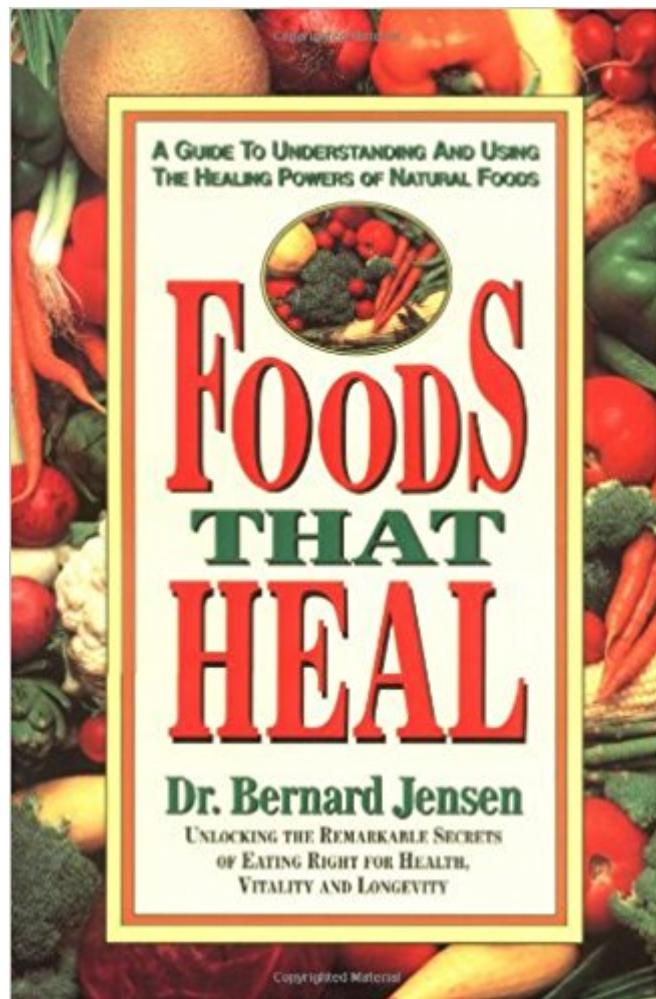


The book was found

Foods That Heal



Synopsis

In Foods That Heal, Dr. Bernard Jensen uses the teachings of Hippocrates and VG Rocine, as well as his own research and theories, to offer compelling evidence that what we ingest has a profound effect on our health and wellbeing. Part One may change the way you look at your next meal. The section contains a host of helpful troubleshooting advice: health cocktails for common ailments, herbal teas, tonics, vitamin- and mineral-packed food combinations, and detailed data on the roles foods play in the optimum efficiency of specific bodily systems, functions, and overall health. Part Two provides an easy-to-understand guide to fruits and vegetables. Each listing in this section presents a history of use, a buyer's guide, therapeutic benefits, and nutrient information. Part three contains easy-to-prepare recipes utilizing the "Foods That Heal." • Each recipe makes use of the freshest and most natural ingredients " ingredients that are not processed or altered by chemical preservatives, food colorings, or additives. Both those looking to improve their health and those interested in taking an active role in enhancing their overall wellbeing will find this book interesting, informative, and full of common-sense suggestions for attaining good health through proper nutrition.

Book Information

Paperback: 352 pages

Publisher: Avery; 2 Revised edition (August 1, 1988)

Language: English

ISBN-10: 0895295636

ISBN-13: 978-0895295637

Product Dimensions: 6 x 1 x 8.9 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (50 customer reviews)

Best Sellers Rank: #360,305 in Books (See Top 100 in Books) #142 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #360 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #558 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

Customer Reviews

Well, Dr. Jensen again has to teach a lesson to most of us. If you don't know who Dr. Jensen, you need to find out and do what he says. Really. He was a pioneer in nutrition, alternative therapies and iridology (diagnostic through iris study) - lived for 93 years until 2001. Being saved himself

through nutrition from an incurable - at least at that time, in the 20's - lung disease, he turned out to study how foods impact our health. He traveled worldwide, and learned about the food of many nations. Not only that, he saved a lot of lives and taught people about the way we are supposed to eat to have a vibrant health. The first book of Dr. Jensen that I've read - titled "Doctor-Patient Handbook"; I'll post a review some day - is a good introduction to the process of natural healing, about diet, about fasting and about healing that appear when the body is ready to undo old diseases. This one book starts by presenting the work and principles of Dr. Jensen's two idols: one is the ancient Greek Hippocrates, the creator of the doctors' oath, and the other is Victor G. Rocine, who had Jensen as a student for years. They both had things in common, as you'll see in the book. Quoting Hippocrates: "Let medicine be thy food and food be thy medicine". From the work of Rocine you will learn some very important things about the body chemistry, how the foods contain such chemicals (e.g. sodium, calcium) and how the influence that balance; how the body fights against bad diet (of course by worsening other parts, such as the joints), and so on. It's an eye opener! Then, in the next chapter, Dr. Jensen talks about his own work, how he improved what he had been taught, applied on his own patients and taught them how to eat.

FOODS THAT HEAL by Dr. Bernard Jensen, is an excellent book on the various attributes of various foods, and what they can do to make, or keep, you healthy. This book was written in 1988 -- twenty-three years ago and counting. Yet the advice in it remains easily read, (and "digested"!), and easy to put into practice. After a VERY first-page, ("primary page") entitled: "Can This Book Heal", there is a "Preface", and an "Introduction". This is followed by "Part One -- Pathways To Health", and includes essays with the subheadings: 1) Hippocrates and Jos Work 2) Rocine and His Work, and 3) My Work in the Health Arts / Conclusion: Making Changes. This is followed by Part 2, A Guide To Fruits and Vegetables, and....well, I notice that this is one of the books into which the author and/or publishers have graciously allowed prospective purchasers to "look inside", so I won't go into more detail of the table of contents, or any of the other excellent excerpts given here. (But I must say that the "Appendix A -- Food Analysis Chart", is super-useful, and almost worth the entire price of the book, all by itself. It is given in the excerpt -- look at it yourself, you will NOT be sorry, but -- like me -- probably amazed and totally delighted!) What is not included in the excellent "Look Into This Book" excerpt, are any of the descriptions of any of the descriptive listings of the many fruits and vegetables listed by Dr. Jensen in Part 2. Some of these descriptions can go on for four pages or more. I have decided to list below his description of the history and attribute of "BEET", which takes only one page. But all his fruit and vegetable descriptions follow this

pattern:.....B_E_E_T.....

[Download to continue reading...](#)

Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit Foods That Heal Smoothies For Kids: 80+ Recipes, Whole Foods Diet, Heart Healthy Diet, Natural Foods, Blender Recipes, Detox Cleanse Juice, Smoothies for Weight ... loss - detox smoothie recipes) (Volume 40) 30 Day Whole Food Challenge: Complete 30 Day Whole Food Diet Meal Plan WITH PICTURES; Whole Foods Cookbook - Approved Whole Foods Recipes for Clean Eating and Rapid Weight Loss Foods to Fight Cancer: Essential foods to help prevent cancer The Complete Guide to Drying Foods at Home: Everything You Need to Know about Preparing, Storing, and Consuming Dried Foods (Back to Basics) Whole Foods: Plant-Based Whole Foods For Beginners: 30 Simple and Tasty Recipes for Exciting Meals and Healthy Weight Loss Williams-Sonoma Foods of the World: Florence: Authentic Recipes Celebrating the Foods of the World #Food #Coloring Book: #FOOD is Coloring Book No.7 in the Adult Coloring Book Series Celebrating Foods, Snacks & Treats (Coloring Books, Foods, ... Series of Adult Coloring Books) (Volume 7) Clean - Expanded Edition: The Revolutionary Program to Restore the Body's Natural Ability to Heal Itself The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals You Can Heal Your Life A Mind of Your Own: The Truth About Depression and How Women Can Heal Their Bodies to Reclaim Their Lives How to Heal a Broken Wing You Can Heal Your Life by Louise L. Hay 2015 Wall Calendar Standing for Something: 10 Neglected Virtues That Will Heal Our Hearts and Homes Our Savior Jesus Christ: His Life and Mission to Cleanse and Heal Soupelina's Soup Cleanse: Plant-Based Soups and Broths to Heal Your Body, Calm Your Mind, and Transform Your Life The Bare Bones Broth Cookbook: 125 Gut-Friendly Recipes to Heal, Strengthen, and Nourish the Body The Paleo Approach Cookbook: A Detailed Guide to Heal Your Body and Nourish Your Soul

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)