



# Foods That Heal

*Dr. Bernard Jensen*

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## **Foods That Heal** Dr. Bernard Jensen

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.

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