



# **Food As Medicine: How to Use Diet, Vitamins, Juices, and Herbs for a Healthier, Happier, and Longer Life**

*M.D. Dharma Singh Khalsa M.D.*

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Did you know that blueberries can increase brain longevity? That kiwi fruit can be an excellent weapon for battling cancer and heart disease? That pears can help prevent fibroid tumors?

From Dr. Dharma Singh Khalsa, the bestselling author of *Meditation as Medicine*, comes a remarkable book that helps you achieve maximum health by eating well. Grounded in science, *Food as Medicine* is a pragmatic and accessible reference that sets readers on the right nutritional path. Dr. Khalsa then explains how to use natural organic juices and foods as medicine, and how food can help reverse the progress or diminish the symptoms of certain diseases, such as Alzheimer's and Hepatitis C.

Drawing on patient case histories, *Food as Medicine* outlines the seven principles of "The Khalsa Plan" for healthy eating, details ailment-specific nutritional plans, and lays out dozens of delicious recipes that promote overall well-being. After all, food is not only the original medicine -- it's the best medicine.

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