

Food Is Better Medicine Than Drugs: Your Prescription for Drug-Free Health

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Abstrak

FOOD IS BETTER MEDICINE THAN DRUGS is an important and potentially controversial book from top nutritionist Patrick Holford and leading health journalist Jerome Burne. Brilliantly researched and based on solid scientific trials and illuminating case histories, Food is Better Medicine than Drugs will revolutionise the way you think about your health and put you back in charge. The authors reveal how modern medicine has become distorted and is now, for reasons largely to do with profit and power, heavily dependent on prescription drugs. They look at common health problems (pain/arthritis, heart, depression, diabetes, memory, hormones, digestion, breathing, infections etc) and compare the effectiveness of nutrition-based approaches with today's potentially harmful commonly used medicines.