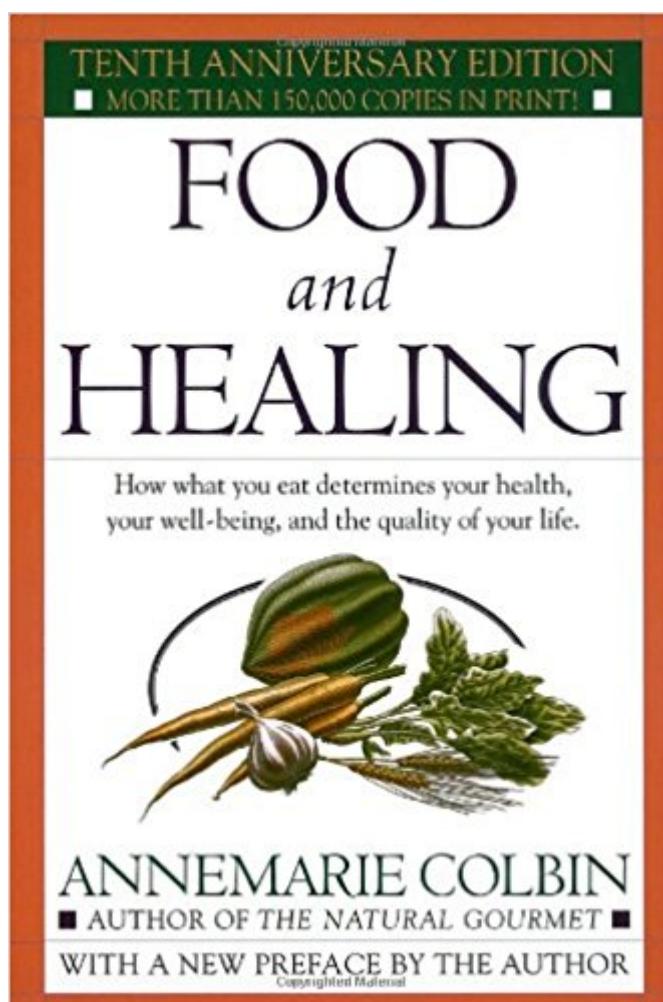


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# Food And Healing: How What You Eat Determines Your Health, Your Well-Being, And The Quality Of Your Life



## **Synopsis**

Ten years ago, Colbin's Food and Healing stood at the forefront of the food revolution, exploring the link between diet and health. In this anniversary edition, she provides updates on recent dietary systems, including low-fat, food combining, and alternative medicine.

## **Book Information**

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## **Customer Reviews**

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The best book on how your diet impacts your health has gotten even better! For this tenth anniversary edition, Annemarie Colbin has updated her classic to include the latest information on new dietary systems, low-fat eating, food combining, and alternative medicine. Food and Healing continues to be the touchstone guide to improving your life by changing the way you eat. Drawing on an impressive range of thinking, from Oriental philosophy to contemporary medical journals, Colbin shatters many myths not only about the "Standard American Diet" but also about some of the quirky unhealthy food fads that continue to crop up across the country. Inside, you'll discover the crucial role of diet in preventing illness, how to tailor a diet approach that is right for you, the remarkable healing qualities of specific foods, how food affects your moods. Annemarie Colbin argues passionately that we must take responsibility for our own health and rely less on modern

medicine, which - even now - seems to focus on trying to cure rather than prevent illness. She shows that eating well is the first step toward better health.

Extremely Disappointed!!!! I thought this was going to be a great book since AnneMarie Colbin is the creator of Natural Gourmet Institute and I have met some great Chef's that have come out of the program. What a waste of money!!! \$14 for the kindle version when generally most go for \$10. This book is too focused on theory (reminds me of College textbooks) and not practical information on "food and healing." Whether you have or don't have any knowledge of nutrition and "food and healing," this book wastes too much time in the few 384 pages offered. There are so many current finding and information not covered!! Making the book the 10th Anniversary edition published on January 30, 2013 seems to have been more so to answer questions she had received from the book in a few pages of the book. How does one who is so passionate about the subject not update the information when clearly a lot has find made available since the original publication of this book. This book is good for a die hard fan of AnneMarie Colbin or someone looking for a book to put them to sleep. If I could get the \$14 back for the kindle version I purchased I would take it in a heartbeat!

When I first borrowed this book from my acupuncturist/naturopath, I didn't think I'd ever actually get through it. But what I found was that I ended up reading it like a novel -- fascinated to learn about foods the way she presented it. For example -- it really helped me to understand the effects of sugar in a new way. Sugar in small amounts creates individuation and sugar in large amounts creates alienation. Also, Americans eat about 20 times more sugar than we did 100 years ago, and the average juvenile delinquent does 40 times more. And when the juvenile delinquents had sugar removed from their diet and replaced with fruits and veggies, their violence reduced and they began falling into the range of normal. I used to keep it in my cube at work, and refer to it to offer suggestions to handling ailments. One time a guy at work cancelled an appointment because of a migraine. So when he made it in a few days later, we went through the book to see the cause and found some foods he had eaten a day or so before the migraine. He came to me 9 months later and said he had not had a migraine since. This book provides a great model for understanding how diet can be used to help balance us from a physical, mental and emotional perspective. Thanks Dr. Colbin!

Great book! A must read.

very useful book.

This remains one of my favorite books on eating for health. Annemarie offers sensible, and do-able guidelines, not rules, and a lot of information to mull over. I go back to this book over, and over again. I also recommend her cookbooks. Healthy, delicious, easy to make dishes, with simple ingredients.

This book, I suspect, has been overlooked by the majority of people who populate medical doctor's waiting rooms. In this book the author clearly reports food as medicine which helps the body heal, unlike the drugs the m.d.s prescribe which only address symptoms and often result in still another drug to counteract the first drugs' adverse effects.

This book discusses the best medicine your money can buy--the food you purchase, stock your refrigerators with and consume. Our health depends upon and revolves around the food choices we make because we can't overcome any disease (mild or serious) without a healthy body. And we can't achieve that healthy body until we eat the proper foods. Our longevity depends upon that fact. This book is a good guide to helping us choose the proper nourishing foods for our body.

I went to Anne Marie's school in New York. This is the best book a woman can buy to learn about nutrition and their bodies as they age. Anne knew her stuff. Trust me. This book is just an extension of what we learned in the classroom at school there.

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