



How to Be Healthy and Heal the Body With Recipes For LIFE

Dr John R Bergman

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How to Be Healthy and Heal the Body With Recipes For LIFE Dr John R Bergman

This book of recipes is for optimal healing. Your body is self-healing and self-regenerating and self-regulating. Nutrition is not taught in detail in Medical schools even though throughout time even the “father of medicine” Hippocrates said “Let food be your medicine and medicine be your food” and even older than that there is an Ayurvedic saying “when diet is good medicine is of no need and when diet is poor medicine is of no good” This book is to guide you on how your body metabolizes nutrients and prevent and even reverse disease in most cases. I will present information to get the most out of the food you have available to where ever you live on our planet. Some places at some times of the year won’t have fresh vegetables available so I will ask you to substitute fermented vegetables and show you how to prepare them. You may not have access to fresh coconuts or fresh spices I will always give you alternatives so no matter where you are or what you can afford you will always have cost effective healthy food choices for you and your family. I will also show you how to have healthy meals that even the pickiest child or adult will like. You will need some equipment to predigest your food because most diseases start in the gut. Most people today have poor digestion from the types of food available and poor medical care like over use of medications and poor quality of foods. So we have to heal the gut first.

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