



# food—your miracle medicine

how food can prevent and  
treat over 100 symptoms  
& problems

Jean Carper

Bestselling author of *The Food Pharmacy*

'Following Jean Carper's advice and changing your diet  
could transform your life' *Daily Express*

# Food Your Miracle Medicine

**Gunther B. Paulien**



## **Food Your Miracle Medicine:**

Food-- Your Miracle Medicine Jean Carper,1993 From a syndicated columnist with over one million readers and the bestselling author of The Food Pharmacy comes an invaluable guide that shows how food the breakthrough drug of the 21st century can prevent and conquer all kinds of ailments from colds to cancer      **Food--Your Miracle Medicine** Jean Carper,1994-05-07 Food Your Miracle Medicine is the breakthrough book on food and health for the nineties This comprehensive guide based on more than 10 000 scientific studies reveals how you can use the extraordinary powers of food to prevent and alleviate such common maladies as headaches and hay fever as well as to ward off major killers including heart disease and cancer Jean Carper the bestselling author of The Food Pharmacy has now translated the amazing new discoveries about the medical powers of food into practical advice and information that you can use every day to conquer disease increase your mental energy and live longer A carrot a day could slash your risk of stroke by 70 percent Ginger can stop migraine headaches and nausea Half an avocado a day can dramatically improve your blood cholesterol Brazil nut may improve your mood Brazil nuts may improve your mood Tea helps prevent stroke heart disease and cancer A food allergy may be the cause of your fatigue      **Food - Your Miracle Medicine** Jean Carper,1995 FOOD YOUR MIRACLE MEDICINE is for everyone Jean Carper first told us about the potential of food to prevent and treat numerous diseases in her book THE FOOD PHARMACY and went one stage further in THE FOOD PHARMACY COOKBOOK But it is with FOOD YOUR MIRACLE MEDICINE that Jean Carper has made a quantum leap in her revelations about the power of food Over 100 symptoms and conditions from a minor stuffy nose to a potentially fatal cancer are dealt with in this complete easy to follow A Z self help guide      Food-your Miracle Medicine ,1993      **The Food Pharmacy** Jean Carper,1988 Carper offers dramatic new evidence to support the concept of food as medicine Features a pharmacopeia of more than 50 foods and their therapeutic uses nutritional benefits and adverse affects      Miracle Cures Jean Carper,1975-01      *Miracle Cures* Jean Carper,2009-10-13 From Jean Carper America s Most Trusted Source of Cutting Edge Nutritional Advice the Bestselling Guide to the Dramatic Healing Powers of Herbs Vitamins and Other Natural Remedies Miracle Cures is the breakthrough book that presents scientific evidence of the effectiveness of natural remedies culled from the world s leading doctors and scientists research centers and major international scientific journals including the Journal of the American Medical Association and the British Medical Journal combined with the awe inspiring first person medically verified accounts of people who have successfully cured themselves with natural medicines Jean Carper Reveals the Natural Medicines That Have Been Proven to Lower Your Cholesterol Open up Your Arteries Regulate Your Heart Relieve Depression Overcome Anxiety Fight Sleep Problems Regenerate Your Liver Restore Your Memory      *Stop Arthritis* Alan Schlines,2003-07 An amazing true story of how one man went against the traditional medical treatment for incurable arthritis and found himself on an incredible journey into the world of natural health Along the way he had the good fortune to meet four amazing natural

health care professionals each of whom specialized in their own programs towards arthritis They helped guide and teach him how to use these programs so that his body could rise up and defeat this devastating disease naturally Also through his own hard work and research he learned many other complimentary programs that are a basic guide to living a healthier lifestyle In this personal story his journey will be explained step by step showing you how his body went from the stages of rapidly deteriorating joints to abandoning his medication and switching to a natural program and finally to defeating his arthritis and becoming symptom free for over 10 years In *Stop Arthritis* his entire program will be revealed to you so that you can not just cope with arthritis but defeat it Some of the topics that will be revealed are **Insomnia Cures** Rudy Silva, *The Low GI Handbook* Dr. Jennie Brand-Miller, Thomas M. S. Wolever, 2010-07-13 Portion of edition statement from p 4 of cover

**Divine Prescription, The** Gunther B. Paulien, 2017-08-22 God helps those who help themselves By knowing understanding and applying God's Laws of Health we can restore our health when ill and maintain our health when well All intelligent men and women can be their own health instructors when they understand the true philosophy of health We can exercise breathe fresh air rest when needed drink plenty of water dress properly work moderately and do that which most experienced physicians cannot do for us and that is to regulate our diet This extensive volume will show you how Herbal Defense Robyn Landis, Karta Purkh Khalsa, 2025-05-01 With *Herbal Defense* bestselling fitness author Royn Landis teams up with master herbalist Karta Purkh Singh Khalsa to offer a guide to herbal remedies for everyday ailments **10 Essential Foods** Lalitha Thomas, 2015-02-25 Well balanced nutritious foods are an important focus for healthy lifestyles Thomas has narrowed her focus to 10 essential foods for optimal health and well being She lists them early in her book and discusses each food's reason for being a part of the list Each food listed is significant in its ability to provide healthy dosages of either beta carotene essential amino acids disease preventing phytochemicals calcium and vitamin B 12 among others Thomas writing is factual and straightforward with a touch of humor to make the book more palatable She provides a wealth of information on each of her chosen ten essential foods and then provides an additional chapter on meat poultry and dairy While her focus is primarily on a vegetarian lifestyle she does give healthy possibilities for those still desiring to include these foods as part of their diet Two other positive additions to each chapter include a Lalitha Rants section where she shares stories in an exasperated nature about health concerns she feels are either misdiagnosed or misinformed to the general public Much can be learned from her tirades Also each chapter includes kid friendly recipes so that children can incorporate healthy eating habits at a young age Finally a useful bibliography lists relevant sources quoted in the book and gives suggestions for other helpful cookbooks and resources Medical clinics supplies recommended products health accessories ten essential snacks and survival choice listings are also listed making this book thorough and highly informative Much talk about the importance of organic vegetables and fruits is discussed This is a follow up to *10 Essential Herbs* also regarded by many as a valid guidebook for health Rawsome! (Volume 2 of 2) (EasyRead Super Large 20pt Edition) , **100 Simple**

**Things You Can Do to Prevent Alzheimer's and Age-Related Memory Loss** Jean Carper, 2010-09-20 The 1 New York Times bestselling author gives readers of all ages 100 doable strategies for keeping brains sharp and bodies healthy William Sears MD coauthor of The Healthy Brain Book Most people think there is little or nothing you can do to avoid Alzheimer's But scientists know this is no longer true In fact prominent researchers now say that our best and perhaps only hope of defeating Alzheimer's is to prevent it After bestselling author Jean Carper discovered that she had the major susceptibility gene for Alzheimer's she was determined to find all the latest scientific evidence on how to escape it She discovered 100 surprisingly simple scientifically tested ways to radically cut the odds of Alzheimer's memory decline and other forms of dementia Did you know that vitamin B 12 helps keep your brain from shrinking Apple juice mimics a common Alzheimer's drug Surfing the internet strengthens aging brain cells Ordinary infections and a popular anesthesia may trigger dementia Meditating spurs the growth of new neurons Exercise is like Miracle Gro for your brain Even a few preventive actions could dramatically change your future by postponing Alzheimer's so long that you eventually outlive it If you can delay the onset of Alzheimer's for five years you cut your odds of having it by half Postpone Alzheimer's for ten years and you'll most likely never live to see it 100 Simple Things You Can Do to Prevent Alzheimer's will change the way you look at Alzheimer's and provide exciting new answers from the frontiers of brain research to help keep you and your family free of this heartbreaking disease

**Healing with Whole Foods, Third Edition** Paul Pitchford, 2003-02-28 With more than 500 000 copies sold this treasure trove of nutritional wisdom is an indispensable resource for anyone seeking to nurture their body through natural means Uncover the power of food as nature's ultimate medicine and unlock the healing potentials that rest within your own kitchen Embark on a transformative wellness journey with Paul Pitchford's bestselling Healing with Whole Foods This comprehensive handbook goes beyond the simple integration of traditional Chinese Medicine and modern nutritional science it's a beacon of wisdom and insights for individuals committed to healthful living and holistic practitioners alike Discover what makes Healing with Whole Foods a timeless bestseller Holistic Foundations The book grounds you in the principles of Qi vitality and Yin Yang balance illuminating the path of holistic healing and nutrition Bridging Ancient and Modern With masterful proficiency Pitchford interlaces the wisdom of traditional Chinese medicine with contemporary nutritional science Explore categories such as Oils and Fats Sweeteners Green Food Products and Vitamins and Supplements Therapeutic Guide Delve into a dedicated section devoted to dietary treatments for prevalent health issues Whether it's blood sugar imbalances or degenerative disorders uncover practical actionable guidance deeply rooted in the power of natural healing Informed Eating The book enlightens you on the deeper nuances of your diet touching upon elements like food presentation and dietary practices and their significant impact on wellness Delicious Healing Recipes Immerse yourself in Part V with vegetarian recipes that unite robust flavor with therapeutic benefits A Lifelong Companion Pitchford's in depth reader friendly approach makes the book a lifetime go to guide for reliable nutritional insights Readers return time and again to delve deeper into its

vast knowledge base Transformational Journey Embarking on the journey with Healing with Whole Foods is a commitment to enhanced physical mental and emotional health It inspires you to personalize your dietary plan in tune with your unique needs Ultimately Healing with Whole Foods is more than just a book it s an invitation to a healthier way of living It beautifully illustrates how traditional wisdom and modern science can come together to inform our nutritional choices This comprehensive guide invites you to embark on a journey of wellness empowerment and self discovery all facilitated by the power of whole foods

*Healing Injuries the Natural Way* Michelle Schoffro Cook,2004 Healing solutions and insights for injuries related to osteoporosis arthritis and fibromyalgia The unique eight week injury healing program has recipes exercises and supplement ideas The pioneering Healing Food Pyramid Reviews Easy to read simple to use and packed with results a mini encyclopedia that would be a great asset for any Consumer Health Library from Consumer Connection the newsletter of the Consumer and Patient Health Information section Medical Library Association A tool box of self help techniques to assist the injured in avoiding drug therapy for pain from Complete Health magazine Summer 2005

*Soul-full Eating* Maureen Whitehouse,2007 Soul Full Eating A Delicious Path to Higher Consciousness is a fun provocative and profoundly insightful read that illustrates how anyone no matter what their faith religion or personal philosophy can become a spiritual master at mealtime How It s Simple Eat with love what s grown with love prepared with love and served with love Soul Full Eating artfully illustrates how a deep sense of fulfillment can be found from eating foods that resonate with your Soul The book is full of engaging personal accounts intertwined with substantial cutting edge nutritional and spiritual information which is backed up by exhaustive comprehensive research

*The Only 127 Things You Need* Donna Wilkinson,2008-05-15 For The Only 127 Things You Need author Donna Wilkinson spoke to more than fifty experts authorities on the mind the body and the spirit to discover the absolute essential items for living a good life Ever wish you could strip you life down to just the bare essentials that you could de clutter not just the physical items littering your home but the endless to do lists flooding your mind But what to throw away And what to keep This miracle of a book includes expert opinions on what s essential in life from Dr Gail Saltz and Martha Beck the mind Dr Christiane Northrup and Dr Andrew Weil the body Rabbi Harold Kushner and Thomas Moore the spirit For so many of us it s hard to move forward with the important things in life without first paring down and straightening up With this complete guide to life s essentials it will finally be possible to see the forest for all those trees

**The Hungry Brain** Susan Augustine,2015-04-28 Feed the brain first to make the nutrition cognition connection Focusing on nutrition s role in promoting learning the author calls on educators to model good food choices for their students Building on a simple three part framework of plant foods animal foods and junk foods and incorporating exercise the text shows educators how Healthy eating provides a powerful link to learning Childhood obesity food allergies and other disorders may be related to eating habits Breakfast is still the most important meal of the day Brain jogging exercises enhance brain activity improve physical health increase clarity and reduce

stress

## **Food Your Miracle Medicine** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such could be the essence of the book **Food Your Miracle Medicine**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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### **Food Your Miracle Medicine Introduction**

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