



## **Let Food Be Thy Medicine : 750 Scientific Studies and Medical Reports Showing the Personal and Plantary Environmental Benefits of Whole Foods**

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# Let Food Be Thy Medicine : 750 Scientific Studies and Medical Reports Showing the Personal and Planetary Environmental Benefits of Whole Foods

## Let Food Be Thy Medicine : 750 Scientific Studies and Medical Reports Showing the Personal and Planetary Environmental Benefits of Whole Foods

Let Food Be Thy Medicine is the ultimate source for the most sought information on diet and health. It includes a summary of 750 scientific and medical studies showing the personal and planetary benefits of whole foods.

The new third edition includes a new A-Z format, extensive cross-references, and comprehensive index that makes information easy to find.

There are summaries of hundreds of new medical studies, including the latest research on diet and cancer, heart disease, diabetes, children's health, women's health, and the environment. Dozens of new subjects have been added, including Alzheimer's disease, ADD, autism, eating disorders, fluoridation, global warming, and nuclear radiation.

Further sections detail the dangers of Tamoxifen, Ritalin, Premarin, mammograms, MRIs, and other drugs and procedures, as well as the benefits of breast-feeding, acupuncture, shiatsu, exercise, music, and other holistic methods.

30 new charts, including "Dangers of Microwave Cooking," "Organic Foods and Increased Sperm Quality," and "Field Performance of Genetically Engineered Foods" are presented.

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