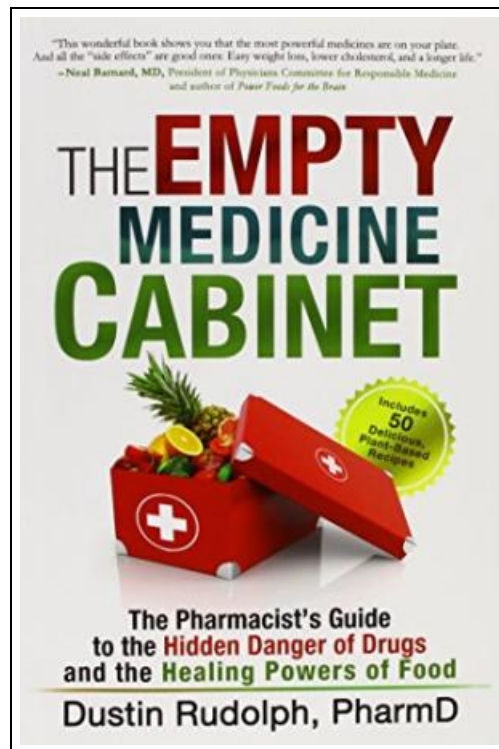


The Empty Medicine Cabinet: The Pharmacist s Guide to the Hidden Danger of Drugs and the Healing Powers of Food



Filesize: 3.28 MB

Reviews

It is one of my favorite books. Sure, it is actually engaging, nonetheless an interesting and amazing literature. I am happy to let you know that this is basically the finest book I have got to study inside my very own existence and might be the finest publication for ever.
(Randal Reinger)

THE EMPTY MEDICINE CABINET: THE PHARMACIST S GUIDE TO THE HIDDEN DANGER OF DRUGS AND THE HEALING POWERS OF FOOD



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Pursue a Healthy You LLC, United States, 2014. Paperback. Book Condition: New. 231 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.While pharmaceutical companies rake in billions, the health of a nation continues to decline rapidly, leaving patients and physicians searching for answers in all the wrong places. The Empty Medicine Cabinet: The Pharmacist s Guide to the Hidden Danger of Drugs and the Healing Powers of Food wastes no time in explaining why this is so, offering solutions that target the cause of disease rather than the symptoms of poor health. Like most healthcare professionals, Dustin Rudolph, PharmD, entered the field of medicine with one goal in mind-to help his patients get healthy. As a pharmacist, Rudolph believed the best way to accomplish this was through pills, procedures, and surgeries. Boy, was he wrong! His story, life experiences, and professional expertise serve as the foundation for this book. The business model of a profit-based healthcare system is exposed, resulting in a steady stream of chronically sick, lifelong customers. Rudolph offers a cost-free, side-effect-free solution rooted in the discipline of lifestyle medicine and plant-based nutrition. Backed by an array of scientific studies, readers hear the truth in The Empty Medicine Cabinet. Heart disease, type 2 diabetes, cancer, obesity, autoimmune diseases, and much more are discussed at length in part one. Part two presents the facts on using food as medicine. Many long-held beliefs in nutrition and health are called into question, answered emphatically and factually in simple, easy-to-understand layman s terms of the complex science behind it all. A surprising, yet accurate, review of the scientific literature is also undertaken on many popular, over-the-counter supplements taken by many in today s society. With a total of 50 mouthwatering, flavor-filled recipes included, The Empty Medicine Cabinet...



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