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Incredibly Delicious Vegan Recipes and Meal Plans (Paperback)

By Dr Dona Cooper-Dockery

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It s quite interesting that food, a basic necessity of life, could either promote chronic diseases or assist in the prevention and reversal of diseases. In the early centuries, Hippocrates, an ancient Greek Physician regarded as the father of medicine wrote, let food be thy medicine and medicine be thy food. Thomas Edison, the American inventor, echoed the same sentiment when he wrote, The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in a proper diet, and in the cause and prevention of disease. Over the past several years, Dr. Dona Cooper-Dockery has integrated a holistic approach to health in the care of her patients, including a strong focus on plant-based nutrition. Many patients are enjoying better health on fewer medications while some patients have even reversed chronic diseases and are off medications entirely. There s a wealth of scientific research information confirming the health benefits of plant-based nutrition. However, many people are still not sure how to combine these great foods in order to obtain maximum health...



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