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# Let Food Be Your Medicine: Dietary Changes Proven to Prevent and Reverse Disease

*Don Colbert*

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# Let Food Be Your Medicine: Dietary Changes Proven to Prevent and Reverse Disease

*Don Colbert*

**Let Food Be Your Medicine: Dietary Changes Proven to Prevent and Reverse Disease** Don Colbert
CHOOSING A BETTER LIFE ONE MEAL AT A TIME
In Let Food Be Your Medicine, Dr. Don Colbert takes a look at the most common health issues and offers simple dietary changes using a specially modified Mediterranean Diet. With a better understanding of what to eat and what not to eat, readers will know how their nutritional choices affect: * CARDIOVASCULAR DISEASE
* WEIGHT LOSS
* ARTHRITIS
* ADHD
* TYPE 2 DIABETES
* CANCER
* AND MORE
Let Food Be Your Medicine includes meal plans, delicious recipes, tips on supplements, and other information to help you find an approach to food that will change your life. You can beat genetics. You can overcome. You can start today.

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