

Prescription for Dietary Wellness: Using Foods to Heal

By Phyllis A. Balch CNC

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how to avoid potential dietary dangers, including threats to water safety, foodborne diseases, food additives, food irradiation, antibiotics, genetically engineered foods, and undesirable substances such as caffeine, cholesterol, and sugar.

While not a cookbook, **Prescription for Dietary Wellness** also includes a number of easy, wholesome recipes and advice on cooking methods. It is a complete, practical guide to eating for good health.

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The Balchs add advice about live juice and herbal preparations and cleansing (i.e., fasting and enemas, including a specific six-day cleansing diet). While this guide can feel a bit overwhelming at times (there are so many nutrients to consider, so many veggies and whole grains to consume), it's certainly not too technical, even for folks who could use a copy of *Nutrition for Dummies*, and it certainly succeeds in its mission of helping foster better dietary habits for good health. About the Author

Phyllis Balch was author of the bestselling **Prescription for Nutritional Healing**, as well as of **Prescription for Nutritional Healing: The A-to-Z Guide to Supplements**, and **Prescription for Herbal Healing**. Users Review**From reader reviews:**

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