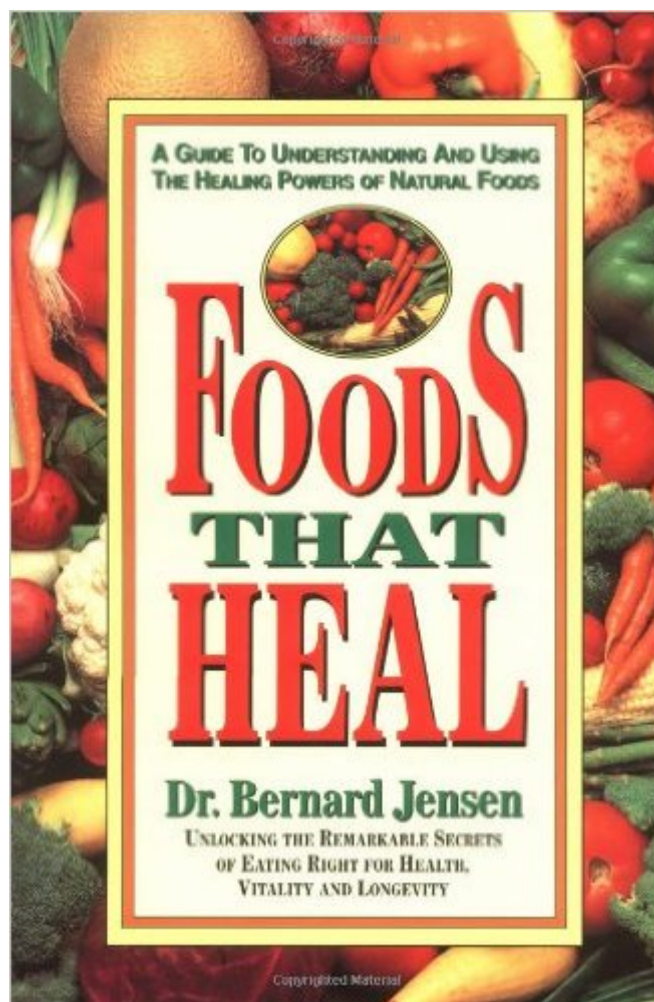


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# Foods That Heal



## Synopsis

In *Foods That Heal*, Dr. Bernard Jensen uses the teachings of Hippocrates and VG Rocine, as well as his own research and theories, to offer compelling evidence that what we ingest has a profound effect on our health and wellbeing. Part One may change the way you look at your next meal. The section contains a host of helpful troubleshooting advice: health cocktails for common ailments, herbal teas, tonics, vitamin- and mineral-packed food combinations, and detailed data on the roles foods play in the optimum efficiency of specific bodily systems, functions, and overall health. Part Two provides an easy-to-understand guide to fruits and vegetables. Each listing in this section presents a history of use, a buyer's guide, therapeutic benefits, and nutrient information. Part three contains easy-to-prepare recipes utilizing the "Foods That Heal." Each recipe makes use of the freshest and most natural ingredients – ingredients that are not processed or altered by chemical preservatives, food colorings, or additives. Both those looking to improve their health and those interested in taking an active role in enhancing their overall wellbeing will find this book interesting, informative, and full of common-sense suggestions for attaining good health through proper nutrition.

## Book Information

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Average Customer Review: 4.4 out of 5 stars – See all reviews (50 customer reviews)

Best Sellers Rank: #360,305 in Books (See Top 100 in Books) #142 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Fruits #360 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Vegetables #558 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Natural Foods

## Customer Reviews

Well, Dr. Jensen again has to teach a lesson to most of us. If you don't know who Dr. Jensen, you need to find out and do what he says. Really. He was a pioneer in nutrition, alternative therapies and iridology (diagnostic through iris study) - lived for 93 years until 2001. Being saved himself

through nutrition from an incurable - at least at that time, in the 20's - lung disease, he turned out to study how foods impact our health. He traveled worldwide, and learned about the food of many nations. Not only that, he saved a lot of lives and taught people about the way we are supposed to eat to have a vibrant health. The first book of Dr. Jensen that I've read - titled "Doctor-Patient Handbook"; I'll post a review some day - is a good introduction to the process of natural healing, about diet, about fasting and about healing that appear when the body is ready to undo old diseases. This one book starts by presenting the work and principles of Dr. Jensen's two idols: one is the ancient Greek Hippocrates, the creator of the doctors' oath, and the other is Victor G. Rocine, who had Jensen as a student for years. They both had things in common, as you'll see in the book. Quoting Hippocrates: "Let medicine be thy food and food be thy medicine". From the work of Rocine you will learn some very important things about the body chemistry, how the foods contain such chemicals (e.g. sodium, calcium) and how they influence that balance; how the body fights against bad diet (of course by worsening other parts, such as the joints), and so on. It's an eye opener! Then, in the next chapter, Dr. Jensen talks about his own work, how he improved what he had been taught, applied on his own patients and taught them how to eat.

FOODS THAT HEAL by Dr. Bernard Jensen, is an excellent book on the various attributes of various foods, and what they can do to make, or keep, you healthy. This book was written in 1988 -- twenty-three years ago and counting. Yet the advice in it remains easily read, (and "digested"!), and easy to put into practice. After a VERY first-page, ("primary page") entitled: "Can This Book Heal", there is a "Preface", and an "Introduction". This is followed by "Part One -- Pathways To Health", and includes essays with the subheadings: 1) Hippocrates and His Work 2) Rocine and His Work, and 3) My Work in the Health Arts / Conclusion: Making Changes. This is followed by Part 2, A Guide To Fruits and Vegetables, and....well, I notice that this is one of the books into which the author and/or publishers have graciously allowed prospective purchasers to "look inside", so I won't go into more detail of the table of contents, or any of the other excellent excerpts given here. (But I must say that the "Appendix A -- Food Analysis Chart", is super-useful, and almost worth the entire price of the book, all by itself. It is given in the excerpt -- look at it yourself, you will NOT be sorry, but -- like me -- probably amazed and totally delighted!) What is not included in the excellent "Look Into This Book" excerpt, are any of the descriptions of any of the descriptive listings of the many fruits and vegetables listed by Dr. Jensen in Part 2. Some of these descriptions can go on for four pages or more. I have decided to list below his description of the history and attribute of "BEET", which takes only one page. But all his fruit and vegetable descriptions follow this

pattern:.....B\_\_E\_\_E\_\_T.....

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