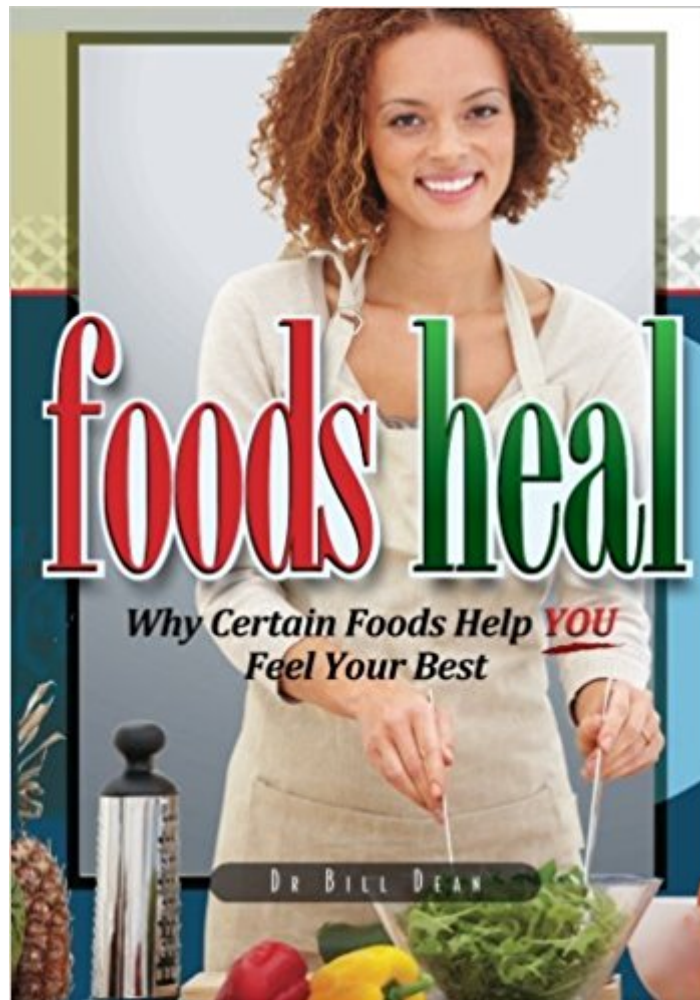




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# Foods Heal: Why Certain Foods Help YOU Feel Your Best



## Synopsis

**NUTRITION FROM THE YOGA TRADITION PERSONALIZED NUTRITION** Are you frustrated with diets that don't live up to their promises? This life changing book on nutrition unlocks the mysteries of the ancient medical system of Ayurveda and reveals the secrets of this tradition's nutrition. This is the solution for understanding why our current system of nutrition is insufficient for our needs. Not wrong, just incomplete. **WHAT YOU'LL FIND INSIDE** Determine your unique energy makeup Find out which foods maximize your health See which foods can make you sick(you may be surprised!) Understand prevention of disease through the lens of this science Find out how disease occurs in your body **SEEING THE BODY IN A NEW WAY** Like the discipline that gives us acupuncture the yoga tradition sees the body not only a groups of molecules forming organs but as an energy field. And like all the ancient great biological energy disciplines of the past, the body was seen as an energy flow that when unbalanced created illness. So the body is both an energy and a molecular field simultaneously and you can use this information to help guide you in your intention to be healthy. You will make better food choices by knowing what your energy pattern is which will improve your health. **DISEASE PREVENTION** When you know how disease occurs in the body, then you know how to prevent it. Currently our system of healing says that molecule causes disease but the energy science of Ayurveda stated 1000's of years ago that all disease begins by our unconscious food choices that produce energetic imbalances in the GI tract. So disease prevention begins by knowing which foods produce balance and which produce imbalance. **WHAT PEOPLE ARE SAYING:** Food intake really counts a lot, and Ayurveda just can't be ignored. After reading *Foods Heal*, I could understand why certain foods aren't good for MY BODY TYPE. I was able to change the kinds of foods I eat. Now, I feel good and I feel strong. You can feel good, too. Visit [FoodsHeal.com](http://FoodsHeal.com) and find out for yourself! The *Foods Heal* Community are foremost blessings for which I can never express often enough or enthusiastically enough my gratefulness! I am symptom-free 24/7, 50 lbs. lighter, and truly felt light-as-a-feather as I went about serving dinner for 13 after I ate. Never happened before and I wish the same experience for every person. The only person who has even ever mentioned this to me is Dr. Bill. I thought this was an impossibility. Now I know I desire to follow his example. And that example has given me health beyond any dream I ever had. Thank you, Dr. Bill. And safe journeys!

## Book Information

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## Customer Reviews

If you're into Ayurveda, you really have to be into it to "get" this book. However, one of the major flaws of this book is that it doesn't explain the origins of Ayurveda in any depth so you have to take some of the major approaches like the hot, cold, oily, dense, or whatever stuff on faith because you really don't know what he's talking about or what the origins of the approach are. I'm sure, I guess, he knows? But so far I've taken Ayurveda on faith because I don't have much faith at all in Western Medicine and this book has helped me refine the regime that I'm on, hopefully, to be taken further into balance. I don't know. How would I? I chose working with an Ayurvedic practitioner because western medicine had nothing really to offer me. So how do I know I've done better being on an Ayurvedic regimen for almost 4 years now. I don't. I just hope. So I've taken Dean's advice and I've learned some things. Will they work I don't know. I'm pretty old so I've done a lot of damage eating mindlessly and carelessly most of my life. I don't know how much disease I can conquer with this but if it helps at all I think I'll be far ahead of what he calls molecular medicine, would have done for me.

This book is a must have for anyone dealing with Interstitial Cystitis. Dr. Dean is a god-send to patients who have had to resort to medication and procedures that are not pleasant. I recommend this to all patients suffering from this chronic disease.

As someone who meditates and tries to integrate his practice into other aspects of his life, finding this book was a happy discovery. As a culture, we really don't fully take into account that "we are

what we eat," and that food, apart from being nutrition for our bodies, is a source of energy. And the quality of that energy matters. Dr. Dean has done a service by laying these principles out in clear English. Should be required reading.

This book was life changing. I was feeling very down, low energy, generally depressed. With the knowledge gained from this book, I started to practise some of the methods and ideas. I feel sooooo much better! Higher energy, mental clarity, even ADHD is way better, and I am able to stay focused! My health is continually improving, and I hope to soon start doing things I used to love to do. Thanks Dr. Dean for this informative book!

As an Ayurvedic teacher and counselor, I find this book a gem!!! I offer it to my students as a first Ayurvedic book because it is written in a way that is easy for Westerners to understand. The book offers a practical way to apply this ancient science to our daily, modern lives. It helps us take responsibility for our own health and healing. Thank you Dr. Dean!!!

Great book about Ayurvedic view on nutrition. It teaches us how we can eat to sustain good health and balance.

This book is an excellent guide and everyone should have a copy in their house. I highly recommend this book

My wife received this book as a gift and appreciated the thought (of someone else having it sent to her). But after going through the book she felt it was too complicated.

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