

## **WHOLE FOODS – YOU ARE WHAT YOU EAT**

“As we always say, truth is timeless. This form of therapy  
Is treatment of the cause – true with pets, true for you,  
True years ago, true today”

Virtually all holistic doctors practicing all types of holistic medicine agree on one thing. The most dramatic, effective, and all-encompassing treatment to produce the most profound positive health changes is **diet/nutrition**. This one therapy alone surpasses all the others combined.

All kinds of problems can be eliminated with a raw food diet. But I am fully aware that most people cannot follow this type of eating pattern. That is why I usually call for patients to eat half of their foods raw. Most people can do this. Yet even if you cannot eat raw foods, you can still benefit from the most potent treatment in the world against disease – simply by eating **whole foods** in the place of processed foods.

When people (especially those who are already sick or getting sick) alter their eating pattern in this manner, their health dramatically improves. The diet that helps sick people is the one that eliminates foods made with white flour and all highly refined and fast foods. In the place of these “non-foods” you consume fruits, vegetables, legumes, nuts seeds, seed oil (like flax), some whole grain bread, meat, fish, poultry and eggs.

What happens is dramatic. You will normalize blood fats, including cholesterol, HDL, and LDL while triglycerides drop to normal. This will reduce heart disease instantly and dramatically. Your immune system will flourish, and you will be less prone to colds, flu, infections, and more. Digestion will improve significantly with better stomach, pancreas, liver, gallbladder and especially colon function. Energy will increase and pain will diminish. These are just the initial positive changes that your body will experience.

### ***But what about the “Super Cures?”***

If you were to believe everything you receive in your mailbox every day, you would find the cure to every single disease known to man – all without changing your diet at all. Naturally, 95% of this is bunk. While most people continue to search for the “magic bullet” in the form of some new vitamin, supplement, drug, or surgery, the simple changes noted in this article would have a more profound effect on the health of the world than any discovery, vaccine, etc.

All overweight people who incorporated these rules into their diet would lose weight appropriately. Everyone would get healthier. And with these kinds of whole-food changes, the search for some new nutraceutical (vitamin that acts like a drug) would become less important.