



Food Is Your Best Medicine: The Pioneering Nutrition Classic

Henry G. Bieler, Maxine Block

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Drugs may not be the only cure for disease . . .

What do Gloria Swanson and Greta Garbo have in common?

They owe their good health to Dr. Henry Bieler's sane, simple, and utterly profound philosophy that food is your best medicine!

You are what you eat, and Dr. Bieler contends, based on over fifty years of practice, that proper diet plays a key role in warding off and curing disease.

Food Is Your Best Medicine features a fascinating interpretation of how the body functions to maintain good health and addresses all kinds of ailments with specific nutritional approaches.

Zucchini and other vegetables, simple broths, nourishing whole grains--all so much better for you than drugs, *and they really work!*

Food Is Your Best Medicine: The Pioneering Nutrition Classic Details

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From Reader Review Food Is Your Best Medicine: The Pioneering Nutrition Classic for online ebook

Sasha says

Would not recommend to anyone looking to get healthy. Bad science!

Samo says

Prava knjiga ob pravem ?asu.
?lovek je najve?ja mojstrovina narave.

Priporo?am.

Mindi Bennett says

Another book that has completely ruined my life. If I believe this doctor, and of course I do (ahhhhhh! why do I always believe everything I read!) I'll only be eating rare beef, fresh raw unpasteurized milk and string bean and zucchini soup. And I don't even want to tell you all the scary stuff he said about ice cream...

Susan Disharoon says

Food IS Your Best Medicine...

...The Pioneering Nutrition Classic was required reading in class I'm taking. Clear, concise, and eye-opening. Keeping in my library to share with others.

Andrea says

If you are plagued with migraines you might find something interesting in this book. Mr Bieler is an MD who talks about the knowledge he has gained over the course of his career of treating patients. Many diseases are related to poor nutrition and can be remedied with better nutrition. This book is very readable. It is not hard to understand and has some surprising conclusions. Highly recommend it. Worth owning!

Anya says

Way ahead of his time, Dr Bieler treated my mom for hypertension after she lost a baby in the 8th month of pregnancy. His treatment? CHANGE YOUR DIET. And she did... And she and my parents have lived on

these principles for more than 40 years. Fantastic book.

Belann says

I read this years ago, but heard it mentioned on a forum and decided it might be worth rereading. It was written in 1965, but the content still has merit today. Bieler realized that although food is medicine, when people end up in a diseased state, they might need different whole foods to get them well. Sometimes they need just plants, and those need to be alkaline plants such as green beans, zucchini, celery. This would be true especially for the person whose condition is caused by heavy meat eating. Others, in his opinion, need to have raw milk, or next to raw meat. Both of those options are somewhat questionable today. He also believed that for some conditions, you just needed fruits and vegetables and meat, eliminating all grains. This is of course, the basis of fundamental medicine today. Categorizing people according to types, he was able to base some of his recommendations on the needs of that particular type. Very interesting reread.

Lisa says

A fascinating read

It's hard to believe this book was written when I was a child. Dr. Beiler was a pioneer in using food to heal people. Much of what he says is still relevant today. I learned a great deal and do enjoy his famed 'Beiler Broth' often.

Richie says

Dr. Bierler was once an overweight, pill-pusher who sought not to fix the source of disease but to cover the symptoms. Many of his contemporaries (and probably many of today's doctors) thought he was nuts. "Malnutrition from synthesized, heavy foods causes disease; nonsense!" They cried, but Bieler proved again and again that these could be curbed with a proper, nutrient-dense diet.

This book is not intended to give recipes and the reader an easy way out (something he states from the beginning, though he does give you some ideas of how a healthy person eats). But he does give you deep insight into how the body works, and how it is affected by the food, and for a lot of people, garbage that we put in it.

While he does not shun medicine, he rather asserts it should only be used when diet change alone cannot fix our bodies. Much like the chemicals we cannot process from junk food, the effects of medicines on the body can sometimes outweigh the benefits.

This book is for those of us who are serious about health, who realize that food is not all about sensory pleasure, rather the feeling of good health over a long life. Instant gratification is not in Bieler's vocabulary; you must fix the problem you've compounded over time. He time and time again compares the body to a machine that we must put proper oil in, such as fasting on nutritious vegetable broth during illness to let our bodies recover.

Bieler is one of the people I think about when judging my own health. "What would he say about this issue?" I ponder. I know that he would advise me to eat a proper amount of nutritious food and I will feel well at the end of the day. And I do.

Vinz says

The author is a famous physician of the past, well known for having helped many Hollywood stars of his time. He was a doctor completely dedicated to his patients and working 7 days a week even after having retired. He accepted all the patients that had the will to change their bad habits independently from their social status.

The book is divided into 3 parts. The first one explains in simple words how the human body works as a whole. This is something that most of the over-specialized doctors unfortunately don't know themselves. The second part shows why and how the body breaks down. The third part explains the role of some foods and nutrients in health and disease. In particular proteins as body builder and body killers, vegetables, milk and yeasts and stimulants, such as salt and coffee. Some of the most common ailments are explained as well.

Bieler was much ahead of his time. He deeply studied the history of medicine and the history of man both in USA and Europe. He was one of the few of his time to underline how the fast changes of the last centuries could not keep the pace of evolution times and consequently how civilization has marked the beginning of acute diseases (infectious diseases) and of chronic diseases (spread of cancer, diabetes, heart diseases,...). As Bieler says, it is undeniable that our germ theory has made us winners against the infectious diseases, but it has as well failed over the chronic diseases. Bieler helped many of his patients to heal from the chronic diseases. Whenever the body of his patient was too compromised to grant a complete healing, he granted anyway his patients to achieve a good standard of living.

I suggest to read the book over and over. Each time you find out something new.

G_____ Goshin says

This book is going into my shelves and I will be grabbing another copy. Dr. Henry Bieler gives a digested version of complex nutritional and chemistry education. There aren't any special recipes in this book but there is a ton of valuable ideas and research that remain relevant to this day and possibly the future. Health has always been our responsibility, and peer/societal pressure knocks a lot of folks to the conformist train in eating whatever that "tastes good" or is "healthy". We have to do our own research and ask, find out WHY we do a thing or eat a thing. None the less, I believe you'll enjoy this book as much as I did (if you're into dietetics/health studies).

jaccimae says

Pharmaceuticals step out-a-here! You want optimum health, food is a big part of it for you! You will be amazed at what this man does for the people under his care.

Dani Turner says

Although this is a very informative book, I was hoping to learn more about particular foods and not that I should just "eat healthier" ... He mentioned boiling green beans and zucchini a lot, for example, and how you don't want to over cook them, but offers nothing in the proper way of preparing them.

Travis Gensler says

I learned a great deal from this book, even though the material is a little dated, I have found that I am more aware of what I consume.

D.J. says

Brilliant book about using food to heal your body and maintain energy and vitality. Bieler delineates the defense mechanisms of the body, how your body talks to you before the crisis of "dis-ease" takes hold and how to re-establish and maintain health through clean eating. He cites brilliant research going back to ancient times and how much knowledge has been hiding in plain sight.
