



Food Over Medicine: The Conversation That Could Save Your Life (NONE)

By Pamela A. Popper, Glen Merzer

Download now

Read Online 

Food Over Medicine: The Conversation That Could Save Your Life (NONE)

By Pamela A. Popper, Glen Merzer

Includes recipes from Chef Del Sroufe, author of the bestselling *Forks Over Knives—The Cookbook* and *Better Than Vegan*

Nearly half of Americans take at least one prescription medicine, with almost a quarter taking three or more, as diseases such as diabetes, obesity, and dementia grow more prevalent than ever. The problem with medicating common ailments, such as high blood pressure or elevated cholesterol, is that drugs treat symptoms—and may even improve test results—without addressing the cause: diet.

Overmedicated, overfed, and malnourished, most Americans fail to realize the answer to lower disease rates doesn't lie in more pills but in the foods we eat. With so much misleading nutritional information regarded as common knowledge, from "everything in moderation" to "avoid carbs," the average American is ill-equipped to recognize the deadly force of abundant, cheap, unhealthy food options that not only offer no nutritional benefits but actually bring on disease.

In *Food Over Medicine*, Pamela A. Popper, PhD, ND, and Glen Merzer invite the reader into a conversation about the dire state of American health—the result of poor nutrition choices stemming from food politics and medical misinformation. But, more important, they share the key to getting and staying healthy for life.

Backed by numerous scientific studies, *Food Over Medicine* details how dietary choices either build health or destroy it. *Food Over Medicine* reveals the power and practice of optimal nutrition in an accessible way.

 [Download Food Over Medicine: The Conversation That Could Sa ...pdf](#)

 [Read Online Food Over Medicine: The Conversation That Could ...pdf](#)

Food Over Medicine: The Conversation That Could Save Your Life (NONE)

By Pamela A. Popper, Glen Merzer

Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer

Includes recipes from Chef Del Sroufe, author of the bestselling *Forks Over Knives—The Cookbook* and *Better Than Vegan*

Nearly half of Americans take at least one prescription medicine, with almost a quarter taking three or more, as diseases such as diabetes, obesity, and dementia grow more prevalent than ever. The problem with medicating common ailments, such as high blood pressure or elevated cholesterol, is that drugs treat symptoms—and may even improve test results—without addressing the cause: diet.

Overmedicated, overfed, and malnourished, most Americans fail to realize the answer to lower disease rates doesn't lie in more pills but in the foods we eat. With so much misleading nutritional information regarded as common knowledge, from "everything in moderation" to "avoid carbs," the average American is ill-equipped to recognize the deadly force of abundant, cheap, unhealthy food options that not only offer no nutritional benefits but actually bring on disease.

In *Food Over Medicine*, Pamela A. Popper, PhD, ND, and Glen Merzer invite the reader into a conversation about the dire state of American health—the result of poor nutrition choices stemming from food politics and medical misinformation. But, more important, they share the key to getting and staying healthy for life.

Backed by numerous scientific studies, *Food Over Medicine* details how dietary choices either build health or destroy it. *Food Over Medicine* reveals the power and practice of optimal nutrition in an accessible way.

Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer **Bibliography**

- Sales Rank: #88278 in eBooks
- Published on: 2013-06-11
- Released on: 2013-06-11
- Format: Kindle eBook



[Download Food Over Medicine: The Conversation That Could Sa ...pdf](#)



[Read Online Food Over Medicine: The Conversation That Could ...pdf](#)

Download and Read Free Online Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer

Editorial Review

Review

"Very few people, and even very few doctors, really understand how powerful nutrition can be in preventing and in treating most of the illness that afflicts us today. *Food Over Medicine* is an outstanding resource for anyone wanting to maximize their health and minimize their dependence on western medicine."

—John Robbins, author of *No Happy Cows and Diet for a New America*

"*Food Over Medicine* explains nutrition in an original, highly compelling way. A totally digestible, accessible approach to learning how to maintain or regain your health."

—Rory Freedman, author of *Skinny Bitch*

"A unique, fresh approach that makes the book a fun and enjoyable read."

—VegNews Magazine

"Reading *Food Over Medicine* is like having nutrition explained to you in a no-nonsense way by a dear friend. This is not some dry textbook; it's a jargon-free conversation—one that will change your life!"

—Lindsay S. Nixon, author of the bestselling *Happy Herbivore* cookbook series

"*Food Over Medicine* is brimming with useful information that is both detailed and yet easy to understand. The question-and-answer format is very effective with excellent points. It's the sort of book that everyone who cares about their health should read."

—Lee Fulkerson, director of *Forks Over Knives*

"*Food Over Medicine* is a must for anyone remotely concerned about health. It is incredibly funny, totally engaging, and promotes a diet that just happens to be the best for the planet."

—Ed Begley Jr., actor and environmental activist

"Reading *Food Over Medicine* could be the best health insurance you ever had. This no-nonsense approach to solid health information may save your life!"

—Howard F. Lyman, author of *Mad Cowboy* and *No More Bull!*

"*Food Over Medicine* is an excellent book that reveals the truth that health is more about dietary choices and plant-based nutrition than about doctors, diagnostic tests, surgeries, procedures, and medications. The book is easy-to-read, entertaining, and humorous. But, above all else, it is incredibly informative, enlightening, inspiring, and self-empowering. It will open your eyes. It will encourage you to take charge of your life."

—Walter E. Jacobson, M.D., author of *Forgive to Win!*

"*Food Over Medicine* cuts through every nutrition-related controversy to give you the information you need for a lifetime of health and trim weight."

—Janice Stanger, Ph.D., author of *The Perfect Formula Diet*

"Wellness Forum executive director and naturopath Popper and co-author Merzer (coauthor, *Mad Cowboy*) sit readers down for a long talk about "eating [one's] way out of disease" in this no-nonsense dialogue."

—Publishers Weekly

About the Author

Pamela A. Popper, PhD, ND, is a naturopath, an internationally recognized expert on nutrition, medicine, and health, and the Executive Director of The Wellness Forum. Dr. Popper serves on the Physician's Steering Committee and the President's Board for the Physicians' Committee for Responsible Medicine in Washington, D.C. Dr. Popper is one of the health care professionals involved in the famed Sacramento Food Bank Project, in which economically disadvantaged people were shown how to reverse their diseases and eliminate medications with diet.

Dr. Popper is part of Dr. T. Colin Campbell's teaching team at eCornell, teaching part of a certification course on plant-based nutrition. She has been featured in many widely distributed documentaries, including *Processed People* and *Making a Killing* and appears in a new film, *Forks Over Knives*, which played in major theaters throughout North America in 2011. She is one of the coauthors of the companion book which was on the *New York Times* bestseller list for several months.

Glen Merzer is coauthor with Howard Lyman of *Mad Cowboy*, and with Howard Lyman and Joanna Samorow-Merzer of *No More Bull!*, and with Chef AJ of *Unprocessed*. Merzer is also a playwright and screenwriter, having most recently completed a screenplay from *Mad Cowboy*. He has been a vegetarian for 40 years and a vegan for the last 20.

Del Sroufe's passion for cooking began at eight years old and never faded. In 1989 he went to work for one of Columbus' premier vegetarian restaurants, the King Avenue Coffeehouse, where he honed his craft as a baker and chef. Sroufe opened Del's Bread, a vegan bakery, before beginning vegan meal delivery service in 2001, serving eclectic plant-based cuisine to Columbus residents. During this time, he developed what became a very popular cooking class series, sharing many of the delicious recipes he had created over the years.

In 2006, Sroufe joined Wellness Forum Foods as co-owner and chef, where he continued the tradition of delivering great tasting, plant-based meals to clients in Columbus as well as throughout the continental U.S. Sroufe also joined The Wellness Forum as a member where, after a lifetime of yo-yo dieting, he has lost over 200 pounds on a low fat, plant-based diet. He continues to teach cooking classes at local venues like Whole Foods, Community Recreation Centers, and The Wellness Forum. Sroufe is the author of *Forks Over Knives—The Cookbook*, a vegan cookbook companion to the acclaimed documentary *Forks Over Knives*.

Users Review

From reader reviews:

William Nelson:

Book is definitely written, printed, or illustrated for everything. You can recognize everything you want by a book. Book has a different type. We all know that that book is important matter to bring us around the world. Close to that you can your reading expertise was fluently. A e-book Food Over Medicine: The Conversation That Could Save Your Life (NONE) will make you to be smarter. You can feel much more confidence if you can know about anything. But some of you think in which open or reading any book make you bored. It isn't make you fun. Why they may be thought like that? Have you trying to find best book or suited book with you?

Kevin Porter:

In this 21st millennium, people become competitive in each way. By being competitive at this point, people have to do something to make all of them survive, being in the middle of typically the crowded place and notice through surrounding. One thing that occasionally many people have underestimated that for a while is reading. Yeah, by reading a book your ability to survive boost then having chance to remain than other is high. To suit your needs who want to start reading any book, we give you this Food Over Medicine: The Conversation That Could Save Your Life (NONE) book as nice and daily reading reserve. Why, because this book is greater than just a book.

Nancy Collins:

You can find this Food Over Medicine: The Conversation That Could Save Your Life (NONE) by check out the bookstore or Mall. Just viewing or reviewing it could be your solve challenge if you get difficulties on your knowledge. Kinds of this reserve are various. Not only by means of written or printed but additionally can you enjoy this book by simply e-book. In the modern era including now, you just looking by your mobile phone and searching what their problem. Right now, choose your personal ways to get more information about your reserve. It is most important to arrange yourself to make your knowledge are still change. Let's try to choose suitable ways for you.

Bruce Davis:

That e-book can make you to feel relax. This specific book Food Over Medicine: The Conversation That Could Save Your Life (NONE) was colourful and of course has pictures on there. As we know that book Food Over Medicine: The Conversation That Could Save Your Life (NONE) has many kinds or type. Start from kids until young adults. For example Naruto or Private eye Conan you can read and think you are the character on there. Therefore not at all of book are usually make you bored, any it offers you feel happy, fun and unwind. Try to choose the best book for you and try to like reading this.

Download and Read Online Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer #OF7L80BVYK6

Read Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer for online ebook

Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer books to read online.

Online Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer ebook PDF download

Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer Doc

Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer MobiPocket

Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer EPub

OF7L80BVYK6: Food Over Medicine: The Conversation That Could Save Your Life (NONE) By Pamela A. Popper, Glen Merzer