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Diet Book Review: Dr. David Katz' Disease Proof [Full disclosure: I'm a huge fan of David's and I bought his book prior to my vacation.] Dr. David Katz is something of a force of nature in preventive health.

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David Katz is among my most respected colleagues. When it comes to using lifestyle as medicine, there simply isn't a higher authority. In Disease-Proof, Dr. Katz advances a mission we share: empowering people to use what we know about the power of lifestyle to promote health.
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Books David L Katz

Disease Proof: The Remarkable Truth About What Makes Us Well (German edition) by David L. Katz (Paperback May 14, 2016)
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Disease Proof The Remarkable Truth About What Makes Us

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Disease Proof The Remarkable Truth About What Makes Us

DISEASE PROOF I have been waiting my whole life for this book. Thank you Dr.Katz and Ms. Colino for the many truths, I needed to hear. I had the hono/ur of meeting Dr. Katz on September 9, 2013 while making a presentation at his Turn the Tide Foundation, which is dedicated to fighting childhood obesity.
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