

## [FOODS THAT HEAL BOOK](#)



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In Foods That Heal, Dr. Bernard Jensen uses the teachings of Hippocrates and VG Rocine, as well as his own research and theories, to offer compelling evidence that what we ingest has a profound effect on our health and wellbeing. Part One may change the way you look at your next meal.

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FOODS THAT HEAL by Dr. Bernard Jensen, is an excellent book on the various attributes of various foods, and what they can do to make, or keep, you healthy. This book was written in 1988 -- twenty-three years ago and counting. Yet the advice in it remains easily read, (and "digested"!), and easy to put into practice.

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This is an excellent little book. This book offers "foods that heal" and interesting health/food subjects, as well, as a myriad of helpful food factoids and tips to assist the reader on the road to wellness. Dr.

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