



**The Wisdom and Healing Power of Whole Foods:  
Harnessing the Incredible Healing Power of  
Nature Through Whole Foods. Making Your Body  
Healthier, So that Your Body Can Regulate and  
Repair Itself.**

*Patrick Quillin*

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## **The Wisdom and Healing Power of Whole Foods: Harnessing the Incredible Healing Power of Nature Through Whole Foods. Making Your Body Healthier, So that Your Body Can Regulate and Repair Itself.** Patrick Quillin

In whole foods we find an amazing symphony of substances that provide the human body with the building blocks of healing and wholeness. Having worked with thousands of patients in both hospital and clinic settings, Dr. Quillin brings case studies and his rich 27 year experience of learning and teaching the subject of nutrition. You will learn: How we can learn proper nutrition from nature. How can there be malnutrition in America the bountiful? How our impending health care meltdown can be avoided and what you can do to protect you and your family. The laws of optimal nutrition so that you can develop good judgment in choosing food wisely. An alphabetic listing of the health benefits of whole foods. The amazing list of "what's in a whole fresh apple" to appreciate the elegance of whole foods. Nutritious and delicious recipes. "From nature's pharmacy" open each chapter with a unique ingredient that has major healing potential. General rules for wellness to improve your lifestyle and avoid many common ailments. Weight loss: safe, natural and permanent. Diabetes: how to avoid it or possibly even reverse it. Cancer: how whole foods can dramatically lower the risk for cancer.

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