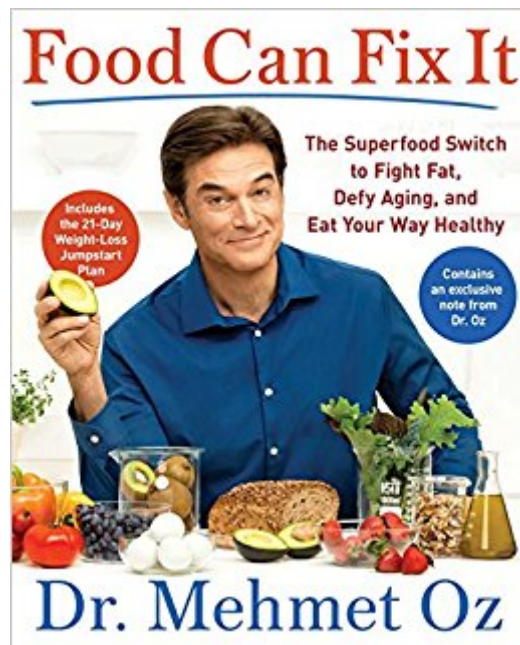




The book was found

Food Can Fix It: The Superfood Switch To Fight Fat, Defy Aging, And Eat Your Way Healthy



Synopsis

Includes the 21-Day Weight Loss Jumpstart! Improve your life through your diet with a friendly, non-punishing, and completely authoritative approach to harnessing the healing power of food from Dr. Mehmet Oz, America's #1 authority on health and well-being. What if you had an effortless way to improve your mood, heal your body, lose weight, and feel fantastic? What if a cure for everything from fatigue to stress to chronic pain lay at your fingertips? In his groundbreaking new book, Dr. Oz reveals how every meal, snack, and bite we take holds the solution to our health problems. In a world of endless choices, determining what to eat and when to eat it can seem overwhelming. Fortunately, it doesn't have to be this way. In Food Can Fix It, Dr. Oz lays out a simple, easy-to-follow blueprint for harnessing the healing power of food. Through simple modifications and a meal plan filled with nutrient-rich superfoods, Dr. Oz explains how to kickstart weight loss, improve your energy, decrease inflammation, and prevent or alleviate a host of other common conditions—all without medication. His plan also includes stress-free, healthy, and delicious recipes and appealing full-color photographs that show just how easy it can be to improve your well-being through the food you eat. Drawing on responses from thousands of readers of The Good Life, Dr. Oz's popular, prize-winning magazine, Food Can Fix It is the ultimate guide to eating for health, and the ticket to living your best life, starting today.

Book Information

Hardcover: 368 pages

Publisher: Scribner (September 26, 2017)

Language: English

ISBN-10: 1501158155

ISBN-13: 978-1501158155

Product Dimensions: 1.1 x 1.1 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #7,096 in Books (See Top 100 in Books) #82 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Weight Loss #128 in Books > Health, Fitness & Dieting > Nutrition #154 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Other Diets

Customer Reviews

I am a firsthand witness to Dr. Oz's holistic approach to modern medicine and healing. When he performed my mom's heart valve replacement surgery, he asked her first to heal

herself with food. His work gave me ten more years with my mom. In the years since, I have seen him live the life he preaches and the results. Food Can Fix It hits all notes of a nutritious and delicious lifestyle. I know from personal experience, food can fix it! (Rocco DiSpirito, award-winning chef and author of Rocco's Healthy & Delicious) It was Hippocrates who once said, "Let food be thy medicine, and medicine be thy food." Both Dr. Oz and I first heard that in medical school many years ago. Now, with Food Can Fix It, Dr. Oz will teach everyone this valuable lesson and explain what it means and how to draw upon the amazing healing powers of food.

(Sanjay Gupta, M.D., Associate Chief of Neurosurgery at Grady Memorial Hospital, Chief Medical Correspondent at CNN, and contributor to 60 Minutes) In his groundbreaking new book, Dr. Oz empowers readers to take charge of their health through the foods they choose to eat. With words of wisdom, personal stories, and findings from multiple scientific studies, Dr. Oz shows how food can fix or improve fatigue, bad moods, heart problems, and even pain. Follow his simple plan and you'll be on a healthy journey for life.

(Deepak Chopra, M.D.) Experts have long known that food has remarkable potential as medicine to prevent, treat, and even reverse disease. Far too little, however, has been done with this crucial information. No one is better suited to fix this problem, deliver this empowering memo, and help millions add years to their lives and life to their years than Dr. Mehmet Oz.

(David L. Katz, M.D., M.P.H., founding director of Yale University Prevention Research Center and founder and president of the True Health Initiative) What we eat is one of the most powerful determinants of our health and well-being. In Food Can Fix It, Dr. Oz's "America's doctor" has written one of the most authoritative yet user-friendly guides to foods that keep us healthy and vibrant that are also delicious, familiar, and fun. If you read only one book on nutrition this year, this is it. Highly recommended!

(Dean Ornish, M.D., founder and president of Preventive Medicine Research Institute and author of The Spectrum and Dr. Dean Ornish's Program for Reversing Heart Disease) Food Can Fix It elegantly reveals the science and wisdom that food can be a powerful medicine for the body.

(Mike Roizen, M.D., Chief Wellness Officer at Cleveland Clinic and co-author of YOU: On a Diet) As a heart surgeon and early pioneer to some of the Blue Zones areas, Dr. Oz knows how to eat your way to a longer and stronger life. Fix what you eat, and you could very well fix your health problems. Dr. Oz explains how in this informative, accessible book filled with anecdotes, science, recipes, and guidelines for cooking, shopping, and eating out.

(Dan Buettner, author of The Blue Zones Solution: Eating and Living Like the World's

Longest-Lived People)

Mehmet C. Oz, MD, is a #1 New York Times bestselling author and multiple Emmy Award-winning host of The Dr. Oz Show. He is professor and vice chairman of surgery at New York Presbyterian-Columbia University and the director of the Heart Institute. He currently lives in New Jersey.

[Download to continue reading...](#)

Food Can Fix It: The Superfood Switch to Fight Fat, Defy Aging, and Eat Your Way Healthy Anti Aging: The Best Anti Aging Beauty Products, Anti Aging Medicines and Anti Aging Skin Care Treatments to Make You Look and Feel Younger (Anti Aging, ... Secrets, Anti Aging Diet, Beauty Products) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen) Superfood Cookbook: Delicious Vegetarian Superfood Salads for Easy Weight Loss and Detox: Healthy Clean Eating Recipes on a Budget (Superfood Kitchen Book 1) Summary - Eat Fat Get Thin: By Mark Hyman - Why the Fat We Eat Is the Key to Sustained Weight Loss... (Eat Fat, Get Thin: A Complete Summary - Book, Paperback, Audiobook, Audible, Hardcover,) Endure (Defy, Book 3) (Defy Series) Defy the Worlds (Defy the Stars) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Eat Fat, Get Thin Fast!: Eat Fat and Get Thin with the best healthy high fat recipes; Complete pictures, nutrition facts, and serving sizes for every single recipe! Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) 10 Years Younger: Breakthrough Antioxidants That Reverse The Aging Process, Diminish Wrinkles And Help You Lose Weight For Good! (Anti-Aging, Anti Aging, ... Superfoods, Aging, Wrinkles, Anti Wrinkle) Weight Loss: INTERMITTENT FASTING: Eat Stop and Eat (lose Weight Eat to Live Healthy Diet Plans Fat Burning Success Weight Loss) (Beginner's Guide) Superfood Lover's Hemp Cookbook: Empower Your Body With One of Nature's Most Nutritious Plants (Superfood Cookbooks) (Volume 4) Switch On, Switch Off (Let's-Read-and-Find-Out Science 2) Switch On, Switch Off (Let's Read-And-Find-Out Science) Food Truck Business: How To Start Your Own Food Truck While Growing & Succeeding As Your Own Boss (Food Truck, Food Truck Business, Passive Income, Food ... Truck Startup, Food Truck Business Plan,) Fight Fat After Forty: The Revolutionary Three-Pronged Approach That Will Break Your Stress-Fat Cycle and Make You Healthy, Fit, and Trim for Life Anti Aging Essentials, Secrets and Tips: Your Midlife Encyclopedia, Improve Diet,

Exercise, Skin (Look and Feel Younger, (Anti Aging Secrets, Anti Aging Diet) BELLY FAT: 40
EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women,
Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1)
Ebersole & Hess' Toward Healthy Aging: Human Needs and Nursing Response, 8e (TOWARD
HEALTHY AGING (EBERSOLE))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)