



# Medicine Free: How food IS your medicine

*Dr Bob Avery MD*

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## **Medicine Free: How food IS your medicine** Dr Bob Avery MD

Medicine Free: Are you healthy? Do you take blood pressure medicine, diabetes medicine, and heart medicine? You may take a vitamin tablet to be healthy but you are still dependent on medicines. You will also find medicines do not cure high blood pressure, diabetes, or heart disease, they just control the signs of the disease. Finally, do you feel like you are just spending money, making insurance companies and pharmaceutical companies richer, while you don't feel much better? According to the National Center for Health Care Statistics, we spend nearly \$7000 per person for health care in this country, and nearly \$1700 of that comes out of your pocket! The average person over 65 takes 12 different medicines and the co-pay for them can be as much as \$100 each. We pay more than any other country in the world for healthcare and yet we are not healthy. Americans don't even live the longest, we rank 49th in the world in life expectancy. According to the National Center for Healthcare Statistics, 50 million Americans are disabled and 51% of those over the age of 65 have at least mild disability. Do you think we are healthy now? After reading this book, you will understand why vitamins really don't make you healthier and medicines only mask the real problems in our health. There is a way to prevent, reverse, and cure diseases but it isn't sold at the pharmacy. The secret to good health is not in a synthetic vitamin or medicine. The secret to good health is at the grocery store and in your pantry. Your body has amazing mechanisms to become and stay healthy. All you have to do is feed yourself correctly and that is not hard to do once you know some basic rules that we'll explain in this book. Your mother always said, "Eat your vegetables." She was right. "Eat your vegetables" is one way to stay healthy, but did you ever ask yourself why? Why are they so important? What do they actually do to the body? Up until recently, we could merely suspect that certain foods were associated with good health. New research has unlocked the secrets behind healthy foods and how they change your body. Certain foods and nutrition actually affect you deep in your cells at the DNA level. This is where diseases start and this is where they can be stopped or reversed. Together, we will explore which foods and nutrients are healthful and why they impact your body's lifelong well-being. Then, working from recent scientific studies in the fields of nutrition, cancer and genetics, we will look at what nutrients in the vegetables are good for you and how nutrients interact with the body. Even if this kind of eating and body maintenance is totally new to you, you will be on your way to avoiding medicines, saving money and achieving better health if you follow these simple recommendations.

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