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healthy as possible.

## **Food Pharmacy on Apple Books**

Their best-selling book *Food Pharmacy: A Guide to Gut Bacteria, Anti-Inflammatory Foods, and Eating for Health* (2016) and the *Food Pharmacy - Cookbook* (2017) have been translated into 15 languages. In their latest book *Food Pharmacy - Nutrient Hunter* (2019), they embark on their life's expeditions to address the most pressing issues of our time: public health and the planet.

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*Food Pharmacy* finally tells the complete story of friendly bacteria, intestinal flora, anti-inflammatory superfoods like turmeric, the difference between good and bad fats, vitamin D, and how we can reduce inflammation and heal chronic diseases by regulating our immune system with simply the right natural foods—nature's pharmacy that will never cause you to overdose. The table of contents includes:

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With facts substantiated by Professor Stig Bengmark, a former chief surgeon and stomach bacteria research scientist, *Food Pharmacy* is for anyone interested in learning about how what you put in your mouth affects your body's ecosystem, and is the ultimate guide and manifesto to leading a life as anti-inflammatory and healthy as possible.

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## **Food Pharmacy: A Guide to Gut Bacteria, Anti-Inflammatory ...**

Why We Recommend. Prescription drugs kill at least 140,000 people every year, so why take drugs if you don't have to? Millions of men and women are living vibrantly healthy, young, and drug-free lives thanks to research from Dr. James Duke, nationally and internationally recognized for his groundbreaking work in "medical botany" - the use of herbs and other plants for health and healing.

## **Bottom Line's Green Pharmacy**

Food Pharmacy finally tells the complete story of friendly bacteria, intestinal flora, anti-inflammatory superfoods like turmeric, the difference between good and bad fats, vitamin D, and how we can reduce inflammation and heal chronic diseases by regulating our immune system with simply the right natural foods-nature's pharmacy that will never cause you to overdose.

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### **The Food Pharmacy Guide to Good Eating. - Free Online Library**

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Our advice for clinicians on the coronavirus is here. If you are a member of the public looking for health advice, go to the NHS website. And if you are looking for the latest travel information, and advice about the government response to the outbreak, go to the gov.uk website.

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