

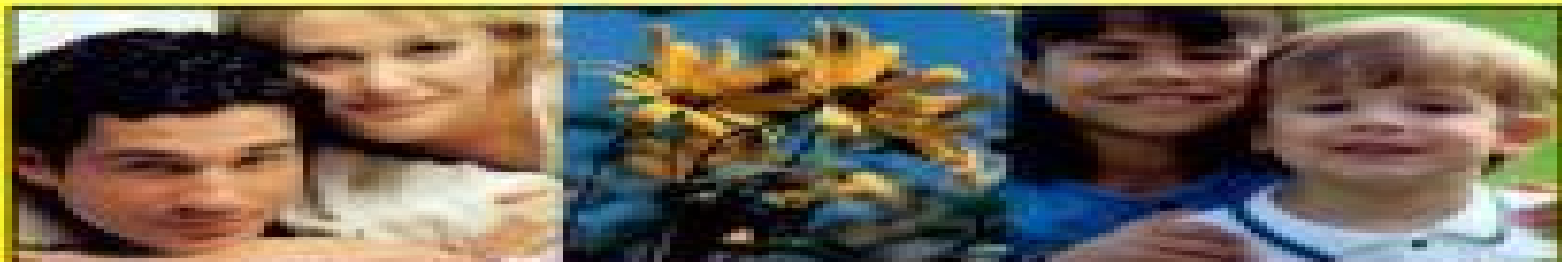
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The Doctors' Prescription  
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AMERICA'S LEADING CONSUMER HEALTH MAGAZINE

# The Healing Power of JERUSALEM ARTICHOKE FIBER

- Enhance the Healing Response of Antibiotics
- Supercharge Your Immune Health

**WITH THE MIRACLE OF  
PLANT PREBIOTICS**



MICHAEL LOES, M.D., M.D.(H.)

# Healing Power Of Jerusalem Artichoke Fiber Healing Power

**James A. May**



## **Healing Power Of Jerusalem Artichoke Fiber Healing Power:**

**The Healing Power of Jerusalem Artichoke Powder** Michael Loes, M.D., M.D. (H.), 2012-05-30 The Healing Power Of Jerusalem Artichoke Fiber is a current and up to date informational Source for persons who wish to take advantage of the healing properties of the newly introduced nutraceutical inulin Over half of all persons today take antibiotics on a regular basis Most people can enhance the healing qualities of antibiotics by simultaneously taking inulin The Healing Power off Jerusalem Artichoke Fiber is part of the authoritative Healing Remedies that Really Work series and provides all the information consumers require to use inulin effectively when taking antibiotics as well as for improving immune function The Healing Power of Jerusalem Artichoke Fiber by Michael Loes M D MD H of the health advisory board of The Doctors Prescription for Healthy Living Antibiotics are very important medicines but may end up destroying both pathogenic and beneficial bacteria in the body Inulin is a widely used natural medicine in Europe that helps persons taking antibiotics to selectively repopulate their gastrointestinal tract with beneficial bacteria which in turn enhances the healing benefits of antibiotics and strengthens the body s immune response Inulin also helps to ease other antibiotic related complaints such as constipation diarrhea and irritable bowel syndrome Now a simple inexpensive guide shows consumers how to combine mainstream medical treatment with alternative medicine for their best outcome with the most current and up to date information on complementary and mainstream medicine He has helped thousands of athletes and chronic pain patients over the years to regain their health by enhancing their bodies healing powers using many of the techniques detailed in this book including Wobenzym N [The Healing Response](#) Dr. Loes, 2010-04-20 Dr Loes details the Ten Principles and Laws of Healing and how to apply them Also included are starter assessment tools and practical program tips Finally there are special sections on pain healing wounds and fractures irritable bowel syndrome fatigue and headaches The book follows a clear and logical pattern and Dr Loes applies his vast experience and shows examples of how his applied principles can work for individual patients Each principle is accompanied by a metaphor which helps to explain the message Dr Loes is communicating

**The New Aspirin Alternative** Michael Loes, M.D., M.D. (H.), 2011-09-06 Escape toxic prescription pain drugs capture your flexibility and rejuvenate your ability to be active and shed years of pain with systemic oral enzymes Enzymes are a completely natural substance that many health experts call the medicine of the future If you are suffering chronic pain from arthritis cancer sports injuries or heart disease if you suffer circulatory problems tinnitus fibrocystic breast disease prostatitis sinusitis shingles ulcerative colitis Crohn s disease thrombophlebitis or other inflammatory related conditions sytemic oral enzymes will prove to be the medicine your body craves now *First Foods: Indigenous Nutrition for Modern Inflammatory Conditions* Dr. Nouridin Melo, 2025-05-21 Chronic inflammation drives today s health epidemics from autoimmunity to heart disease yet the solution isn t in trendy diets but ancient wisdom In First Foods Dr Nouridin Melo masterfully unites indigenous knowledge with modern science revealing how pre colonial eating patterns prevented

inflammatory conditions through sacred food relationships Explore the Indigenous Nutritional Philosophy where food represents life rather than mere fuel understand why Western diets fail while ancestral patterns heal and discover science backed traditional superfoods including wild game and elderberries Dr Melo shares forgotten fermentation techniques and herbal remedies for gut health plus a practical 3 Week Indigenous Reset Protocol to transform your well being Praised as a groundbreaking synthesis of ancestral knowledge and modern science a lifeline for true healing by leading integrative health experts this book offers your path back to vibrant health through timeless nutritional wisdom Begin your healing journey today

**The Green Pharmacy Guide to Healing Foods** James A. Duke, 2009-06-23 Upon its publication more than a decade ago Dr James Duke's *The Green Pharmacy* quickly set the standard for consumer herb references A favorite of laypeople and professionals alike the book sold more than a million copies and solidified the author's reputation as one of the world's foremost authorities on medicinal plants In *The Green Pharmacy Guide to Healing Foods* Dr Duke turns to the broader and even more popular subject of food as medicine drawing on more than thirty years of research to identify the most powerful healing foods on earth Whether he is revealing how to beat high cholesterol with blueberries combat hot flashes with black beans bash blood sugar spikes with almonds or help relieve agonizing back pain with pineapple Dr Duke's food remedies help treat and prevent the whole gamut of health concerns from minor such as sunburn and the common cold to more serious like arthritis and diabetes Dr Duke has assigned a rating to each remedy according to his evaluation of the available scientific studies and anecdotal reports Many of the healing foods recommended here are proving so effective that they may outperform popular pharmaceuticals minus the risk and cost

*The Encyclopedia of Healing Foods* Michael T. Murray, Joseph Pizzorno, 2010-05-11 From the bestselling authors of *The Encyclopedia of Natural Medicine* the most comprehensive and practical guide available to the nutritional benefits and medicinal properties of virtually everything edible As countless studies have affirmed diet plays a major role in both provoking and preventing a wide range of diseases But just what is a healthy diet What does the body need to stay strong and get well In *The Encyclopedia of Healing Foods* Michael T. Murray N D and Joseph Pizzorno N D two of the world's foremost authorities on nutrition and wellness draw on an abundant harvest of research to present the best guide available to healthy eating Make healthy eating a lifetime habit Let *The Encyclopedia of Healing Foods* teach you how to design a safe diet use foods to stimulate the body's natural ability to rejuvenate and heal discover the role that fiber enzymes fatty acids and other dietary components have in helping us live healthfully understand which food prescriptions will help you safely treat more than 70 specific ailments including acne Alzheimer's disease immune system depression insomnia migraine headaches PMS and rheumatoid arthritis prepare foods safely in order to prevent illness and maximize health benefits select store and prepare all kinds of healthful foods Providing the best natural remedies for everyday aches and pains as well as potent protection against serious diseases *The Encyclopedia of Healing Foods* is a required daily health reference

*The Juice Lady's Guide To Juicing for Health* Cherie

Calbom,2008-10-02 A practical A to Z guide to the prevention and treatment of the most common health disorders Written by nutritionist and juicing expert Cherie Calbom The Juice Lady s Guide to Juicing for Health Revised Edition shows you how to use fresh juice to lose weight boost energy and achieve the glow of health With helpful guidelines for buying and using a juice machine Cherie also explains how to put that machine to work with delicious recipes and easy to understand nutritional programs for more than fifty health conditions These research backed programs include the best combinations of fruits and vegetables for each disorder along with a diet plan and other health tips that can help you fight off disease This revised edition provides updated health and nutritional information on many conditions including ADHD cancer chronic fatigue syndrome diabetes fibromyalgia multiple sclerosis and much more Supporting the nutritional programs with a unique diet plan special cleansing regimens and detailed appendices packed with useful information The Juice Lady s Guide to Juicing for Health gives you a total approach to health now and for the rest of your life **The Miracle of Stevia** James A. May,2003

Accompanied by testimonials from doctors and nutritionists a valuable guide reveals the many benefits and abilities of the herb stevia a natural sweetener native to Asia and the jungles of South America that is calorie free and safe for diabetics Original 10 000 first printing **Keto Smart!: Heal Your Brain and Body With the Ten-Step Action Plan Scientifically Proven to Prevent or Reverse Obesity, Memory Loss, Alzheimer's, Diabetes, Autoimmunity, Cancer, and Heart Disease** Y.L. Wright

M.A.J.M. Swartz M.D.,2018-09-05 Get Smart with KETO SMART Heal your brain and heal your body with this easy KETO SMART program KETO SMART is packed with secrets to improve your memory and thinking with simple instructions that you can easily follow Learn how to radically improve the health of your brain so that you can enjoy life to the max at any age Your heart arteries and everything else will improve as well The KETO SMART 10 step protocol is MUCH more than just following a ketogenic diet The KETO SMART 10 step protocol is a comprehensive program of self healing Follow the KETO SMART ten easy action steps and soon your thinking mind will become as penetrating as the depths of a pristine alpine lake on a quiet sunny morning The goal of this book is to guide you through the maze of interconnected problems Every step helps but you only get the gold ring of health by following the complete treatment plan It isn t hard if you know what to do It is impossible if you don t **The Easy 5-Ingredient Vegan Cookbook** Nancy Montuori,2020-03-10 Maximum flavor

Minimum effort Totally vegan You don t need to spend hours in the kitchen or buy expensive ingredients to create delicious creative plant based meals The Easy 5 Ingredient Vegan Cookbook is dedicated to providing you with nutritious recipes from the 5 main food groups essential for a healthy vegan diet The most common barriers to eating plant based foods are a learning curve and time so each of these 5 ingredient cookbook recipes includes no more than five components supplemented with simple staples you can keep on hand olive oil vegetable broth onions garlic salt and pepper Recipes like Stuffed Dates with Cashew Cream Chickpea and Sweet Potato Burgers and Easy Corn Chowder couldn t be easier to prepare Hit the ground running with a 5 ingredient cookbook designed for maximum health and wellness and convenience This 5 ingredient

cookbook includes Make it your own Recipes include tips to make the meal even tastier or easier or offer a different spin Nutritious blueprint Success begins with an overview of the vegan lifestyle and advice on selecting the best vegan ingredients from healthy fats to protein replacements No fuss These simple 5 ingredient cookbook recipes help you conveniently integrate more plants into your diet Let this 5 ingredient cookbook be your guide to a simple healthy vegan lifestyle

**The Complete Language of Herbs** S. Theresa Dietz, 2024-02-06 Discover the meanings powers facts and folklore for over 500 herbs and spices in The Complete Language of Herbs now in a pocket size edition for easy on the go reference Along with a beautiful visual depiction each entry provides the herb or spice s scientific and common names characteristics and historic meanings and powers from mythology medieval legends folklore and flower poetry Did you know that allspice can be added to herbal mixtures to attract money or luck Or that sprinkling arrowroot at the doors of your home will keep guests negative energy from entering Reaching the height of popularity during the Victorian era floriographies dictionaries of symbolic flower meanings were an amusing pastime and art to subtly communicate unspoken emotions To complement the success of The Complete Language of Flowers author S Theresa Dietz has scoured historic sources and compiled an equally beautiful compendium in The Complete Language of Herbs revealing the secrets and powers of hundreds of common and forgotten herbs and spices from around the world Together with stunning full color illustrations and two indexes one for searching by common herb and spice name and the other organized by meaning this beautiful reference is a must have for gardeners chefs party planners and food enthusiasts

**The Plant-Powered Dog** Diana Laverdure-Dunetz, 2023-01-24 A vegan diet for dogs But aren t dogs carnivores Can dogs really get all the nutrients they need even protein without eating meat Would switching my dog to a plant based diet be too expensive to sustain In her newest book The Plant Powered Dog Canine Nutritionist Diana Laverdure Dunetz MS along with W Jean Dodds DVM reference the most up to date scientific research to explain the detailed nutritional needs of our canine companions and explore the many benefits of switching to a plant based diet including increasing longevity and preventing chronic disease It s no coincidence that staggering numbers of modern companion dogs suffer from one or more chronic inflammatory diseases Our canine companions have fallen victim to the same lifestyle related conditions that are skyrocketing among people living in developed societies As a culture we and our companion animals are overfed and undernourished and we are all traveling down the same dangerous inflammatory path Fortunately we have control over dietary choices that affect health The more research that is done in the field of epigenetics the more we learn that a plant based diet is superior for promoting optimum gene expression disease prevention and longevity The best part is that you don t have to choose between your dog s health and compassion for all animals and our planet This book will give you a solid foundation for understanding how epigenetic factors such as the foods you put in your dog s bowl and on your own plate regulate gene expression to help promote either optimum health or chronic disease The Plant Powered Dog is in depth guide that provides Action Steps to Ensure Success

Individual Chapters Offering Plant Based Solutions for Chronic Diseases including Cancer and Diabetes Nutrient Comparison Charts Blank Recipe Creation Charts Sample Recipes with photos Extensive Resources and Cited Works There is just no denying it Plant based nutrition is not a fad for ourselves or our canine companions It is the healthy sustainable diet of the future

*Organic Production and Use of Alternative Crops* Franc Bavec, Martina Bavec, 2006-07-20 Merging coverage of two increasingly popular and quickly growing food trends Organic Production and Use of Alternative Crops provides an overview of the basic principles of organic agriculture and highlights its multifunctionality with special emphasis on the conservation of rare crops and their uses Considering more than 30 disregarded and neglected

*The Plant Medicine Protocol* William Siff, 2023-10-10 A groundbreaking protocol for minimizing inflammation boosting energy building immunity improving digestion and so much more with the extraordinary power of medicinal plants The power of medicinal plants is life changing When integrated properly into our lives they are uniquely capable of fine tuning and strengthening our vital systems They help to enhance digestion balance the nervous system increase energy improve sleep promote resilience to stress reduce inflammation elevate mood and cognition increase libido and fertility boost immunity support detoxification nourish the microbiome and rehydrate the system And all you have to do Eat drink smell share and otherwise enjoy them Written by William Siff a licensed acupuncturist clinical herbalist and ethnobotanist who practices Ayurvedic and Traditional Chinese Medicine The Plant Medicine Protocol is a comprehensive and easy to follow guide to integrating medicinal plants into daily life Closely mirroring the approach Siff uses in the clinic and grounded in time honored longevity practices of the world's healthiest cultures the protocol is an effective enjoyable and practical approach to achieving optimal health making us feel more energized vibrant and alive along the way From starting the morning with a Chia Aloe Lime Rehydrator to mixing up a Nutmeg Saffron Deep Sleep Elixir before bed ingesting medicinal plant compounds in moderate amounts every day adds up contributing to a natural resilience and vitality that fortifies us for a long healthy life Plants like ginseng ginger sea moss and lavender contain a host of vital nutrients and unique phytochemicals that accelerate healing and repair while encouraging essential body systems and cellular mechanisms to function at their best And easy recipes like Sparkling Rosemary Limeade Peanut Butter Maca Goji Berry Smoothies and Cacao Adaptogenic Energy Balls ensure that saturating your life with these medicinal plants is as practical as it is delicious

**Crohn's and Colitis Fix** Inna Lukyanovsky, 2019-03-05 Crohn's and Colitis Fix is for the chronic patient looking for more than just the traditional approach to managing and eliminating Crohn's or colitis symptoms Chronic IBD patients often struggle for years to find relief but there's a different route Dr Inna Lukyanovsky reveals complementary and functional methods for handling IBD rethinking healing finally becoming an empowered patient and teaching readers to attend their own healing party Crohn's and Colitis Fix is an essential guide for the Crohn's or colitis patient who wants to live symptom free inflammation free energized and on a road to a stable remission As a fully in remission Crohn's patient and a Doctor of Pharmacy Dr Lukyanovsky teaches readers how to address their

condition s root causes instead of just patching their symptoms plan a stepwise approach to their healing start seeing food as their friend again and re train themselves to live a fun fulfilled life For those who are tired of being an IBD victim Crohn s and Colitis Fix provides a refreshing getaway to a new take on life      **A Curious History of Vegetables** Wolf D.

Storl,2016-06-14 Featuring gardening tips recipes and beautiful full color pencil drawings of each vegetable this book for farm to fork aficionados and gardeners with an esoteric bent explores the secret history of 48 well known and rare vegetables examining their symbolism astrological connections healing properties and overall character A fascinating introduction to vegetable gardening and cooking A Curious History of Vegetables sets horticulture in its historical cultural and cosmological contexts The author offers his deep understanding of the theory of biodynamic gardening and useful tips on light and warmth ground covers composts crop rotation and weeds Woven in with folk tales and stories from history each entry also includes delicious historical recipes for each vegetable      **Mental Wellness** DK,Neal's Yard

Remedies,2021-05-04 An expertly curated collection of the natural and therapeutic resources that are proven to be effective for mental wellness Explore the key lifestyle inhibitors to mental wellness and find sound solutions in the form of herbs foods aromatherapy homeopathy breathwork yoga connecting with nature hobbies and therapies such as acupuncture reiki massage and CBT Unlock the science behind these natural approaches and discover how they work synergistically creating a menu of reliable resources that you can draw on with confidence      *Power Juices, Super Drinks* Steve Meyerowitz,2000

Offers an easy to read guide for preparing fruit and vegetable juices citing their health benefits while providing dozens of quick and tempting recipes Original      **Herbal Biomolecules in Healthcare Applications** Subhash C. Mandal,Amit Kumar Nayak,Amal Kumar Dhara,2021-10-05 Herbal Biomolecules in Healthcare Applications presents extensive detailed information on all the vital principles basics and fundamental aspects of multiple herbal biomolecules in the healthcare industry This book examines important herbal biomolecules including alkaloids glycosides flavonoids anthraquinones steroids polysaccharides tannins and polyphenolic compounds terpenes fats and waxes proteins and peptides and vitamins These herbal biomacromolecules are responsible for different bioactivities as well as pharmacological potentials A systematic understanding of the extraction purification characterization applications of these herbal biomolecules and their derivatives in healthcare fields is developed in this comprehensive book Chapters explore the key topics along with an emphasis on recent research and developments in healthcare fields by leading experts They include updated literature review of the relevant key topics good quality illustrations chemical structures flow charts well organized tables and case studies Herbal Biomolecules in Healthcare Applications will be useful for researchers working on natural products and biomolecules with bioactivity and nutraceutical properties Professionals specializing in scientific areas such as biochemistry pharmacology analytical chemistry organic chemistry clinics or engineering focused on bioactive natural products will find this book useful Provides a study of different type of biomolecules from herbal extracts and their bioactivities as well as their application in



the healthcare industry Contributions by global leaders and experts from academia industry and regulatory agencies who have been considered as pioneers in the application of herbal biomolecules in the diverse healthcare fields Includes updated literature review along with practical examples and research case studies      **Wild Plant Benefits** Nora

Franklin, AI, 2025-02-12 Wild Plant Benefits explores the untapped potential of edible wild plants as a source of nutrients and bioactive compounds advocating for their incorporation into modern diets The book highlights how these readily available resources can enhance well being and promote sustainable food consumption One intriguing fact is that many wild plants possess higher nutritional density than their cultivated counterparts offering a wealth of essential vitamins and minerals The book emphasizes the importance of accurate botanical identification and responsible harvesting to ensure the long term availability of these natural resources The book presents detailed profiles of numerous edible wild plants covering their botanical characteristics habitat seasonal availability and sustainable harvesting techniques Each profile is supported by comprehensive nutritional data highlighting the presence of essential vitamins minerals and antioxidants The book uniquely combines rigorous scientific analysis with practical guidance making it valuable for both researchers and general readers interested in foraging and healthy eating Beginning with key concepts like nutritional density the book progresses through plant profiles to provide a holistic perspective on the potential of wild plants

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