



# **The Food Prescription for Better Health: A Cardiologists Proven Method to Reverse Heart Disease, Diabetes, Obesity, and Other Chronic Illnesses Naturally!**

*Baxter D. Montgomery MD*

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Are you or a loved one suffering from high blood pressure, diabetes, heart disease or some other chronic condition? If so, this book may just change your life. Did you know that many ailments considered incurable can be effectively treated through nutrition? Dr. Baxter Montgomery, an experienced cardiologist and expert in nutrition, has the proof in The Food Prescription for Better Health. Filled with sound scientific facts and easy to follow guidelines, this book will help you revolutionize your health. Book Features: • Outlines the poor health condition of Americans • Provides a detailed description of how the body works • Tells the real story of what healthy food is, dispelling many myths • Describes how proper nutrition is important for optimal health • Provides a step-by-step approach to reverse your health problems using nutrition • Shows scientific evidence for the efficacy of the program

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