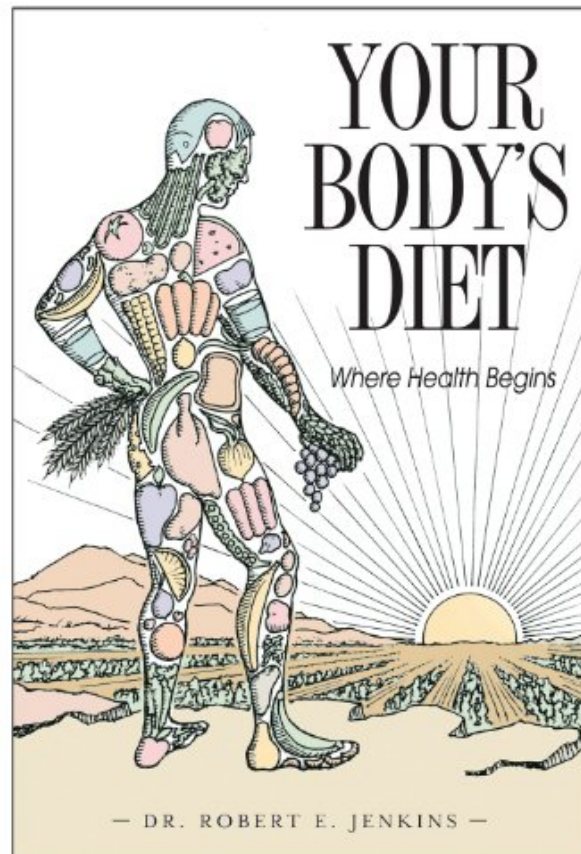
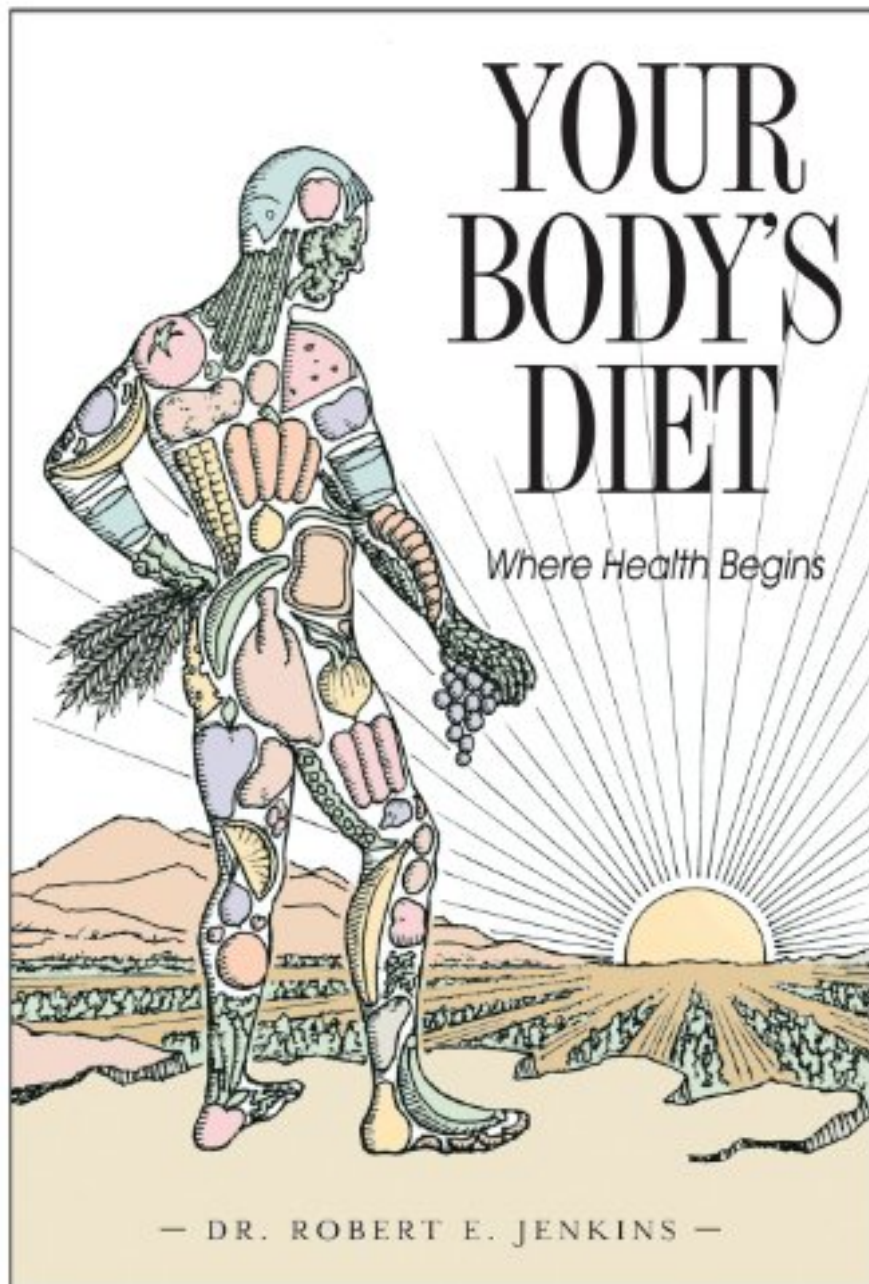


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## **Review**

Does your doctor offer you only watered-down, eat-a-balanced-diet nutritional advice? If so, it is time to consult Dr. Jenkins' plain-speaking book, "Your Body's Diet." This book provides a very large amount of specific, practical information to help you get healthy and stay that way. I have been lecturing on nutrition for 35 years and have learned a lot from reading it. Andrew W. Saul, PhD Author of "Doctor Yourself, Natural Healing That Works" Editor, Orthomolecular medicine News Service --Andrew W. Saul, PhD

## **About the Author**

Dr. Robert E. Jenkins earned his Doctor of Chiropractic degree from Southern California University of Health Sciences (formerly Los Angeles College of Chiropractic). He has over 50 years of clinical practice. In a never-ending quest to understand the nutritional needs of the human body, he became Board Certified in Human Nutrition by the American Board of Nutrition, earned his Master Degree from the University of Bridgeport, CT and received certification in Botanical Medicine from The Colorado School of Pharmacy. He has dedicated his life's work to helping patients gain health and vitality through an understanding of the body's function and nutritional requirements.

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4 of 4 people found the following review helpful.

**BUY THIS BOOK**

By Craig

I have read many books on nutrition. Many are, frankly, confusing while others can be quite misleading. This, however, is not the case with Dr. Robert E. Jenkins' book Your Body's Diet.

The book is written in such a way that the average person can read and understand it. Although Dr. Jenkins' is serious about good health, he interjects humor at different points to make the reading easier.

There is so much information packed into this book that it would be an exercise in futility for me to begin to describe it all. So, I will simply state that the book is a good read with much valuable information for those who are struggling with their health or simply want to live a more robust, healthier life. Just the section on what sweeteners to use and what sweeteners to avoid is worth the price of the book.

One benefit of the book (that many nutritional books do not have) is a section on healthy recipes. For people such as myself who are not very good cooks (or, more precisely, not good healthy-meals cooks), this section has been very helpful to me in my striving for optimal health.

To give you an idea as to how good this book is, I gave one as a gift to a friend of mine. She read it

completely in one day and was at the grocery store the next day buying food for the recipes mentioned in the book.

Do yourself a favor and do precisely that. I highly recommend this book.

1 of 1 people found the following review helpful.

Best book on nutrition ever!

By Amazon Customer

I've had the privilege of getting to know Dr. Jenkins over the years that he's helped my mother cure herself of chronic lymphatic leukemia through changing her body's diet. Just last month it was 16 years since her first blood test and this last blood test showed absolutely no traces of the cancer in her bloodstream. She's been symptom-free for the last 13 years.

To buy this book and to abide by Dr. Jenkins' wisdom is to change and save your life and the lives of those you love. What you put in your body is almost as important as the thoughts in your mind and together those two things can take you from dis-ease to healthy happy living.

In this book Dr. Jenkins breaks down how foods affect your body and why and the effects those foods have on your system.

Myself, my brother, my sister, my father, and my wife have all changed our bodies' diet and have all been proudly healthy individuals for the last decade with profound results in weight stabilization, perfect blood, healthy skin and hair, healthy cholesterol, and on and on.

It wasn't easy 16 years ago. There were no Whole Foods and if you told somebody to drink juiced vegetables they almost ran you outta town! :) but with the options for healthy and organic eating that are ubiquitous no matter where you live nowadays, abiding by Dr. Jenkins' incredible book is easier than ever. I cannot recommend this book highly enough and wish you all the best on your journey towards healthier eating and healthier living. The proof is just waiting for you to change Your Body's Diet!

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