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Healing Foods for Modern Ills: Nutritional Wisdom from Edgar Cayce, Traditional Diets, and Today's Science

Simone Gabbay

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"Healing Foods for Modern Ills: Nutritional Wisdom from Edgar Cayce, Traditional Diets, and Modern Science" outlines the holistic nutritional recommendations given in the readings of the renowned Christian mystic, visionary, and "Father of Holistic Medicine" Edgar Cayce (1877-1945) and correlates them with traditional diets, as well as with modern scientific findings.

CONTENTS:
Food as Medicine
Building Immunity with Vegetables and Fruit
Giving Your Health a Juice Boost
When Less Is Better
Beware of Mainstream "Health Foods"
The Value of Ancestral Diets: A Question of Whole Foods, Digestion, and Assimilation
Who Needs Nutritional Supplements?
Weight Loss and the Calorie-Counting Myth
Salt or No Salt?
Diet and Cancer
High-Fiber Diet for Diabetes
Nutritional Support for Arthritis

This comprehensive e-booklet is a stand-alone topic excerpt from the book "Visionary Medicine: Real Hope for Total Healing" by Simone Gabbay.

ABOUT THE AUTHOR
Simone Gabbay, RNCP, is a holistic nutritionist, writer, and editor in Toronto, Canada. She is the author of three books based on the readings of the late Christian mystic and clairvoyant Edgar Cayce: "Nourishing the Body Temple: Edgar Cayce's Approach to Nutrition," "Edgar Cayce's Diet Plan for Optimal Health and Weight Loss," and "Visionary Medicine: Real Hope for Total Healing," from which this e-booklet is excerpted.

Simone writes a nutrition column for Venture Inward magazine, the membership magazine of the Association for Research and Enlightenment (A.R.E.) in Virginia Beach, Virginia, USA, and the Body, Mind, and Soul column for The Open Road, the membership magazine of Edgar Cayce Canada. She has contributed articles to many other publications, including the popular Canadian health magazine "alive."

Visit Simone's websites at simonegabbay.com and edgarcaycediet.com

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