



# Let Food Be Your Medicine: Dietary Changes Proven to Prevent or Reverse Disease

By Don Colbert, MD

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### CHOOSING A BETTER LIFE ONE MEAL AT A TIME

In *Let Food Be Your Medicine*, Dr. Don Colbert takes a look at the most common health issues and offers simple dietary changes using a specially modified Mediterranean Diet. With a better understanding of what to eat and what not to eat, readers will know how their nutritional choices affect: \*

CARDIOVASCULAR DISEASE

\* WEIGHT LOSS

\* ARTHRITIS

\* ADHD

\* TYPE 2 DIABETES

\* CANCER

\* AND MORE

*Let Food Be Your Medicine* includes meal plans, delicious recipes, tips on supplements, and other information to help you find an approach to food that will change your life. You can beat genetics. You can overcome. You can start today.

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### **Editorial Review**

About the Author

**Don Colbert, MD** graduated from ORU Medical School in 1984. He then moved to Central Florida, where he did his internship and residency at Florida Hospital. For over twenty-five years, Dr. Colbert has practiced medicine in Central Florida. He has been board certified in family practice for over twenty-five years and specializes in anti-aging medicine. Dr. Colbert is also a *New York Times* best-selling author who has written more than forty books.

Dr. Colbert has ministered health and healing to thousands. He is a frequent guest with John Hagee, Joyce Meyer, Kenneth Copeland, James Robison, Jim Bakker, and other leaders in the body of Christ. Dr. Colbert has also been featured on *The Dr. Oz Show*, Fox News, ABC World News, BBC and in *Readers Digest*, *Newsweek*, *Prevention* magazine, and many others.

Dr. Colbert offers seminars and talks on a variety of topics including *How to Improve Your Health*, *The Effects of Stress and How to Overcome It*, *Deadly Emotions*, and *The 7 Pillars of Health*. Through his research and walk with God, Dr. Colbert has been given a unique insight that has helped thousands improve their lives.

### **Users Review**

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