

# Dr Pescatore Miracle Medicine

C Cleary

*The Antioxidant Miracle* Lester Packer, Carol Colman, 1999-12-24 Imagine there was an easy way you could keep your heart strong, your mind sharp, and your body youthful. Imagine this program could keep you young, improve your sex life, prevent cancer and heart disease, and keep your skin supple and wrinkle-free. And perhaps best of all, imagine this was something readily available at your local drugstore or natural food store. These and other benefits are the miraculous results of antioxidants. Lester Packer is the world's foremost authority on these natural healers. In *The Antioxidant Miracle*, he explains for the first time exactly how you can design a practical, personalized antioxidant program for disease prevention and optimal wellness. *The Antioxidant Miracle* is the first popular book to reveal the full range of healing benefits of lipoic acid, the most versatile and powerful antioxidant and nature's secret weapon in treating heart disease, cancer, diabetes, and liver disease. This breakthrough book also unveils the astonishing strength of the antioxidant network, the combination of vitamin E, vitamin C, lipoic acid, Co Q10, and glutathione that when taken together in the proper amounts battles disease and aging far more aggressively than supplements taken individually. After an accessible explanation of the science behind antioxidants, Packer and bestselling health writer Carol Colman show you how to develop your own state-of-the-art supplement regimen designed to keep your body strong, your brain at full speed, and your antioxidant network working at its peak. They include specialized supplement programs for smokers, diabetics, people with a family history of cancer or heart disease, menopausal women, athletes, and picky eaters. You'll find out how to incorporate antioxidant-rich foods easily into your diet and develop your own plan for smooth, healthy, young looking skin. And you'll discover the benefits of booster antioxidants-bioflavonoids like ginkgo biloba and Pycnogenol-and others like beta carotene and selenium. *The Antioxidant Miracle* can enhance and extend your life. Make the antioxidant miracle work for you! Advance acclaim for *The Antioxidant Miracle* \* Finally, a book by a renowned and active researcher that proves the value of nutritional supplements. *The Antioxidant Miracle* provides a shield protecting us from disease and ensuring health. The information in this book could save your life! Julian Whitaker, M.D., Founder, Whitaker Wellness Institute and \* Editor of *Health and Healing*. Life is like a candle flame, and antioxidants make it burn brighter and longer. Lester Packer is the keeper of the flame. For those of us seeking to combat the debility and diseases of aging, *The Antioxidant Miracle* is an essential tool.-William Regelson, M.D., Coauthor of the New York Times bestseller, *The Melatonin Miracle* Any health-conscious person will want to read *The Antioxidant*

Miracle. It makes the understanding of these miracle nutrients easy to comprehend and utilize in his or her everyday life.-  
Earl Mindell. Author of The Herb Bible, The Vitamin Bible, and The Supplement Bible.

**Feed Your Kids Well** Fred Pescatore, M.D.,1999-12-23 I've worked side by side with Dr. Pescatore for many years. In this book--which I heartily recommend--Dr. Pescatore teaches you how to bring health and nutrition to the next generation.--  
Robert C. Atkins, M.D., author of the multimillion copy bestseller Dr. Atkins' New Diet Revolution. Feed Your Kids Well offers a sensible approach to the difficult problem of childhood obesity--and many other children's health problems. Dr. Pescatore provides parents with excellent strategies for dealing with their children in a positive, sensitive way.--Carol Colman, coauthor of the New York Times bestseller The Melatonin Miracle. Feed Your Kids Well is an excellent book that explains the importance of a well-balanced diet. It exposes the dangers associated with high-sugar foods and reveals the true cause of childhood obesity.--Joyce and Gene Daoust, authors of 40-30-30 Fat Burning Nutrition. I helped nutritionally vet Adelle Davis's book, Let's Have Healthy Children. In my opinion, Feed Your Kids Well replaces that important work.--Fran Gare, nutrition expert, CBS-TV. Today, one-third of North American children and teenagers are overweight. And despite decades of medical and scientific breakthroughs, the percentage of children with health problems today is the highest in history. Feed Your Kids Well will be a revelation for millions of worried parents. Dr. Fred Pescatore, who was overweight and asthmatic as a child, brings an empathetic and hopeful tone to this groundbreaking guide to achieving optimum nutrition, ideal health, and self-confidence. Building on the low-carbohydrate principles of the hugely popular Dr. Atkins' New Diet Revolution--which has helped millions of adults lose weight permanently--Dr. Pescatore applies the Atkins Center's proven nutritional program to children and teenagers. Thoroughly tested over years of exhaustive research, his Next Generation Diet is the first health program to recognize that simply applying adult diet plans to children is ineffective--and often dangerous. The author argues that the real culprit behind dietary problems is not fat, but sugars and starches. Feed Your Kids Well brings something new to the table: sane and practical guidance for parents concerned not only about weight loss, but also about general wellness and the prevention of disease--from asthma to ADD, from earaches to allergies. After explaining how your child's body and metabolism work, Dr. Pescatore clearly outlines a straightforward nutritional lifestyle program that helps parents shape the important building blocks--proteins, fats, and carbohydrates--into complete, well-balanced meals. Packed with easy-to-follow sample menus for every day of the week, this book provides delicious, healthy alternatives. Kids will love the dozens of simple, step-by-step recipes for a variety of dishes, including pancakes with strawberry topping, chicken fingers, beef tacos, fudgy brownie squares, and peanut butter cookies. Some recipes are easy enough for kids to make themselves! Parents will also learn how to integrate effective nutrition with various vitamin supplements, complementary medical treatments, and a regular exercise program, which can help heal and even prevent childhood ailments. With fascinating case studies, Dr. Pescatore demonstrates how to treat these problems simply by monitoring nutrient deficiencies and sugar overload. In

childhood, the all-important seeds of our adult selves are planted--from our personalities to our eating habits. Feed Your Kids Well helps parents prepare their children for healthy, happy lives.

**Miracle Medicine** C. D. Carter,1920

**Library Journal** ,2000-04

**Hospital Literature Index** ,1988

**Cumulative Index of Hospital Literature** Library of the American Hospital Association, Asa S. Bacon Memorial,1987

**Cumulated Index to the Books** ,1999

**303 Natural Healing Miracles Big Pharma Doesn't Want You to Have** Fred Pescatore,2016

**Thin for Good** Fred Pescatore, M.D.,2008-05-02 A REVOLUTIONARY PERSONALIZED PROGRAM FOR LIFELONG THINNESS Taking low-carb diets to the next level, Thin for Good combines clinically tested, up-to-the-minute nutritional advice with an added bonus: a revolutionary mind-body program designed to eliminate your cravings. Leading you through the eleven emotional levels of eating, Dr. Pescatore shares his unique solutions to the psychological roadblocks we all face when trying to lose weight. The result is a thirty-day plan--filled with affirmations, self-evaluations, and exercises--that will get you on the road to lifelong thinness. Customized for your sex and stage of life, filled with delicious recipes and meal plans, Thin for Good gives you the fuel you need for your lifestyle. Get thin for good--now and forever. Thin For Good offers an innovative approach to losing weight and keeping it off safely and effectively. Dr. Fred Pescatore not only provides excellent information on what to eat, he also sheds insight on the emotional aspects of eating that can sabotage even the best weight-loss efforts unless you understand them. The recipes are terrific, even if you're not dieting! --Carol Colman, New York Times bestselling coauthor of The Antioxidant Miracle, Shed 10 Years in 10 Weeks, and Stop Depression Now Dr. Fred Pescatore unravels the complex emotions intertwined with losing weight, eating right, and feeling and looking better--and has come up with a sensible weight-loss plan that successfully deals with both diet and the mixed feelings so many of us have about our appearances. --Jack Challem, The Nutrition Reporter and coauthor of Syndrome X

**Ahcc** Fred Pescatore,2010-09-27 The lowly mushroom, grown quietly, in the dark, has suddenly sprung onto the health scene as a miracle cure. Once castigated as a mere fungus, the mushroom has acquired a signature cachet in the form of active hexose-correlated compound (AHCC), a nutritional product made from healing mushrooms fermented in rice bran. AHCC is used in over 700 clinics and hospitals in Japan, mainly in cancer treatment. Now Japan's secret has crossed the Pacific, and this new book reveals what the Japanese have known for decades; AHCC is as well researched as any conventional prescription drug. The quality control of AHCC is so stringent that it would easily qualify as a licensed pharmaceutical, but the manufacturers believe that this would limit its availability to the many people in Japan - healthy people, who use it as a preventive as well as for a variety of other purposes. Because it is actually a mushroom-based food,

even though it is often made available in capsule form, it is extremely safe for anyone to take, including children, pets, frail elderly, and patients who have undergone surgery. Dr. Fred Pescatore explores AHCC in depth, explaining; How it is manufactured How it is used in clinics in Japan and other parts of the world Its safety and efficacy The scientific evidence supporting its striking versatility and profound effectiveness for a wide variety of conditions This book will introduce readers to AHCC and expand their knowledge of one of the most important food supplements available on the market today.

**Ahcc** Fred Pescatore, 2010-04 AHCC is used in over 700 clinics and hospitals in Japan, mainly in cancer treatment. AHCC is as well researched as any conventional prescription drug and now this previously unknown miracle cure is introduced in this book to readers all over the world. Safe and effective, AHCC may well revolutionize cancer prevention and treatment.

*Medical Miracles*, 1969

Delve into the emotional tapestry woven by Crafted by in **Dr Pescatore Miracle Medicine**. This ebook, available for download in a PDF format (\*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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**Dr Pescatore Miracle Medicine  
Introduction**

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