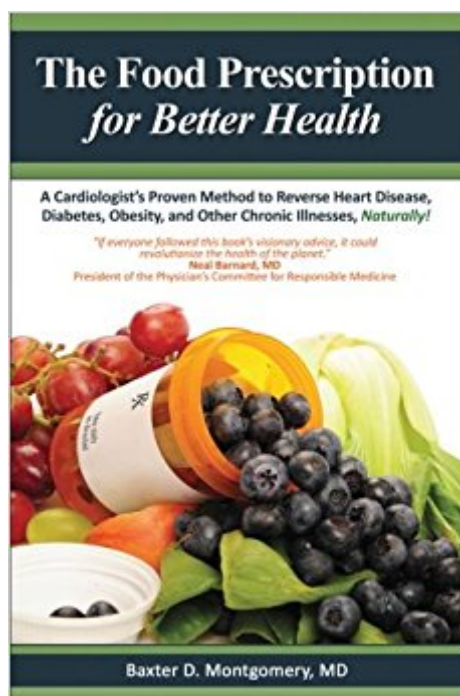




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# The Food Prescription For Better Health: A Cardiologists Proven Method To Reverse Heart Disease, Diabetes, Obesity, And Other Chronic Illnesses Naturally!



## Synopsis

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

## Book Information

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## Customer Reviews

Baxter D. Montgomery, MD, FACC serves as clinical assistant professor of medicine in the division of cardiology/clinical cardiac electrophysiology at the University of Texas Health Science Center at Houston, where he is responsible for teaching doctors who are undergoing subspecialty training in general cardiology and cardiac electrophysiology. Dr. Montgomery has acquired additional interests and expertise in the area of cardiovascular disease prevention and reversal using nutritional interventions. He noticed that despite treating his patients with the latest advances in technology and medication, they continued to gain weight and grow sicker. He started researching nutrition's role in disease reversal and found that plant foods were the common

denominator in determining wellness. He has developed a novel food classification system and food prescription program that enables individuals to reverse chronic conditions such as heart disease, hypertension, obesity, and diabetes without medications or surgeries. He has refined this process over the past 10 years with profound positive results in severely ill patients. Dr. Montgomery is also a Fellow of the American College of Cardiology and member of the international Heart Rhythm Society. As a board-certified cardiologist and cardiac electrophysiologist, he has treated thousands of patients with severe cardiovascular diseases for well over a decade. The current scope of his practice includes treating patients with various forms of advanced heart disease with implantable medical devices, catheter procedures, and electrical ablation therapies. He is also very active in clinical research in areas of cardiovascular diseases and cardiac rhythm disorders. Other aspects of the practice consist of the use of noninvasive diagnostic and therapeutic interventions for the evaluation and treatment of individuals with cardiovascular disease risk factors, such as hypertension, diabetes, and obesity. In April of 2010, Dr. Montgomery was named the recipient of the Benjamin Spock Award for Compassion in Medicine by the Physicians' Committee for Responsible Medicine for his work in disease reversal using nutritional interventions. Dr. Montgomery enjoys the blessings of his four wonderful children, Baxter Jr., Suzette A., Aleigha, and Zoewye.

## EXCELLENT BOOK VERY INFORMATIVE

Very informative, easy reading.

was interest for all of health and diabetes that runs in the family. Have only used for about three weeks. Not bad advise, total change from my diet.

This is an amazing and life-transforming book. My 78-year old father--on 26 medications per day for diabetes, gout, hypertension, cholesterol, allergies, arthritis, etc. followed this plan and in 6 weeks went from 26 meds to 6 meds per day, his formerly out of control diabetes (with a blood glucose in the 300s-400s daily and an A1C of 10.0--and THIS on 75U of Lantus per day and 26U of Humalog--actually got back to normal numbers. He got down to the 100s eating a whole-food plant based diet and OFF insulin and on a very low dose of a diabetes drug. He got off the diuretic that was supposed to control his leg and feet swelling (and it wasn't)--and when he went off and started eating a whole food plant based diet, his swelling in his legs completely went away. His high

triglycerides dropped ~75 points. His markers of inflammation lower dramatically. He lost 25 pounds and was never hungry and enjoyed the food. Smoothies every day and all the fruit he could eat as well as prepared whole foods. He did not stick to it, unfortunately for a variety of reasons--and now he is reversing back and his blood sugars are rising. He has gone BACK on the statin because his cholesterol jacked right back up once he returned to eating bacon and cheese. Now he feels like crap all the time again.

This book has been a life saver for me. I have been contemplating transitioning to a Whole Foods plant based diet for some time but was misinformed about what it entails. I was under the impression that only organic food was to be consumed and the variety of food would become monotonous but I was pleasantly surprised. I joined as a Platinum member and have access to the informational sessions provided. We often know what we need to do to improve our health, but without the additional support i.e. Nutrition classes, food preparation demonstrations, and emotional support, achieving ones wellness goal is unattainable. Even though the monthly food plan was a stretch for me it has allowed me the convenience of not having to worry about what to eat and has showed me there are many different ways to eat healthy. I look forward to reviewing my lab results once I complete my 4 week Detox phase and I have no doubt I can continue on this wellness journey. Thank you for giving me the confidence to make my latter years y best years!

I first learned of Baxter Montgomery from watching and listening to him speak at the Advanced Study Weekend given by John McDougall in Santa Rosa, Ca in February 2014. When Dr. John McDougall gives the nod to another doctor, I listen closely. "Foodborne illnesses point to chronic disease." The author states that there is only one chronic illness: poor nutrition. His model for his medical facility along with his nutritional bootcamps should be the pattern for medical facilities around the U.S.A. He has recommendations from the giants T. Colin Campbell, Caldwell Esselstyn, Joel Furhman, Neal Barnard, and John McDougall. That should be enough for the interested soul to check out this book. The best form of medicine is optimal nutrition and the sooner our medical gurus understand, promote, and enable the patients to avail themselves of this, the sooner our health will improve. I think to myself, wouldn't it be wonderful to have a cafeteria at every medical facility serve up health promoting food that the public could partake of? Neal Barnard, MD, of PCRM, calls Dr. Montgomery's book "visionary in its advice." I can recommend this book as another work on the continuum of nutritional medicine as the wave of the future. May it come soon.

Once you read Dr. Baxter Montgomery's book, *The Food Prescription for Better Health*, you'll see health in a totally different light. Dr. Montgomery, a top cardiologist, explains that health is a process, not an outcome. Your health is how you choose to live, and especially what you select to eat. The Montgomery Food Classification System (soon to be patented) rates all foods on a scale of 0 to 10, with higher numbered foods being more toxic. Yes, as Dr. Montgomery points out, some "foods" are so bad for you that they actually work like poison in your body. But this book guides you around the pitfalls and lets you know exactly which foods to eat for detoxification, disease prevention, and disease reversal. His patients have achieved stunning health and outstanding weight loss using Dr. Montgomery's system. Dr. Montgomery shares how you can get these same results. This whole foods, plant-based diet plan is the furthest thing from a fad "diet of the week." This plan is grounded in the way your body works, which Dr. Montgomery explains in an easy-to-understand chapter on how you digest and use food. Once you understand these basics, you are ready and motivated to choose health. Join the group of leading edge people breaking their food addictions and feasting on nature's finest offerings. Dr. Montgomery includes pages of recipes and meal plans to get you going on the fast track to success.

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