

In this one-of-a-kind book and guide, the author redefines health care as the practice of nourishing ourselves to support a lifelong partnership with our body. Guiding us from the human cell to the kitchen and beyond, the author explores every intersection where the body meets food. We are reminded that only nourishing food is capable of powering our metabolism, our brains, and our muscles. With the "Virtual Kitchen Tour"—a unique and practical exercise—we are invited to reevaluate our household food bank. Living in the context of relationships, family, friends, schools, senior centers, the workplace, and the community, all are recognized and respected participants in the lifestyle changes one will undertake. There is also a close look at how a western lifestyle contributes to chronic illness and how we can amend this. And through actual case studies we are invited to reflect on our own life ways. Health care was never easier, the connection between food and wellness never clearer.

Board certified in family medicine, Ana M. Negrón graduated from the University of Puerto Rico Medical School and completed her family practice residency at Hahnemann Hospital in Philadelphia, Pennsylvania. She has made cooking with patients integral to her practice. Doctor Negrón volunteers at a clinic for the uninsured, teaches young physicians the role of food in medicine, and owns a solo nutrition practice.

"Ana M. Negrón moves from the doctor's office to the kitchen, in pursuit of preventive measures to help her patients, as well as the public. From treating diabetes to preventing heart disease, the answers to today's health crisis may be found on the dinner plate. In this book

Negrón provides clear and specific diet strategies to take charge of your health once and for all."

—Sharon Palmer, RDN, registered dietitian, nutritionist, and author of *Plant-Powered for Life*

"This book is written by a physician who has taken the time to explore the real science (as opposed to that funded by the junk food industry). She writes clearly and positively about the wonderful benefits that are waiting for you, and tells you precisely what you can do to obtain far more health, joy and personal power."

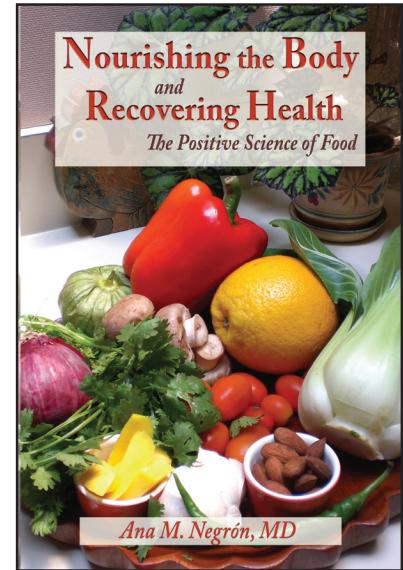
—John Robbins, author of *Diet For A New America*, *The Food Revolution*, and President of The Food Revolution Network

"This book is an alchemical wonder. In it, Dr. Negrón combines the hard-nosed rigor of a scientist, the no-nonsense clarity of a great family doctor, the cheerful efficiency of a top-notch life coach, and the compassionate soul of a loving abuelita."

—Howard Jacobson, PhD, contributing author to *Whole: Rethinking the Science of Nutrition*, and host of the Plant Yourself Podcast

Softcover, 283 pages, 6 by 9 inches, ISBN: 978-1-63293-064-4, \$24.95

Hardcover, 283 pages, 6 by 9 inches, ISBN 978-1-63293-065-1, \$42.95



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