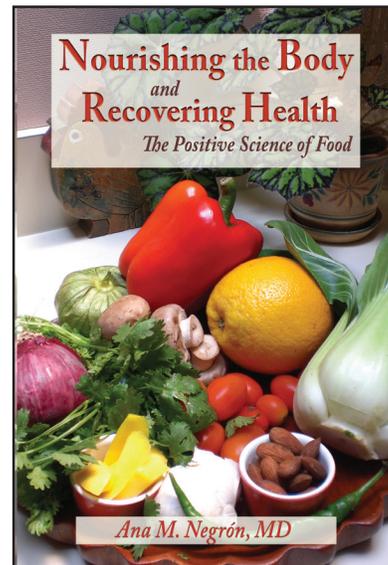


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Board certified in family medicine, Ana M. Negrón graduated from the University of Puerto Rico Medical School and completed her family practice residency at Hahnemann Hospital in Philadelphia, Pennsylvania. She has made cooking with patients integral 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.”

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—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

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