

a return to nature's diet

By Andrew Iverson, ND

Many of our physical symptoms today are really messages from the body saying to us, "Hey you! Wake up! I'm trying to tell you to change your life!" The most effective way to treat these symptoms is with nutrition, not a drug. To do so results in a cure rather than just a "cover up" or palliation of symptoms.

For instance, if you had a hangover you would know why you felt so bad—because you drank too much and poisoned your liver and dehydrated your cells! If you went to your doctor and didn't tell them you were hung over but rather said that you had a headache and were nauseous and fatigued and sore all over, you might leave with several different medicines for your symptoms when all you really needed was rest, water, good nutrition, and time. So often we treat our symptoms unnecessarily with prescription drugs.

In just over 60 years we have produced more than 15,000 types of medications and there is no end in sight. We are exposing our cells to hundreds of thousands of environmental chemicals never encountered in all of history. We are only just beginning to understand the effects of these chemicals and the consensus is not favorable.

Natural medicine is not like conventional medicine. Natural medicine does not treat a specific disease with one specific plant or vitamin like conventional medicine treats with a specific drug.

Natural medicine treats the whole person by nourishing the body so that it has the proper nutrients needed for repair

and detoxification. For example, instead of fighting an infection with something that just kills the infection, Natural medicine also works by making the body's immune system stronger so it can defeat the infection itself; just as Nature intended it to do.

Today our country has the highest rates of heart disease, cancer, and diabetes in the world, yet our food remains empty and processed. Nature's Diet is literally remembering what it is we have forgotten the last 130 years. There is nothing new or cutting edge about Nature's Diet. It's been around since human existence. What's really new is what we consume as food today!

I wrote Nature's Diet for anyone who struggles with accumulating health symptoms and the frustration of modern medicine's approach to prescribing another pill. All that is required from the reader is an open mind and a desire to be healthier.

Dr. Andrew Iverson is the director of TRILIUM HEALTH Naturopathic Clinic in Tacoma, WA, and also the author of Nature's Diet Cookbook. For more information about Dr Iverson, Nature's Diet and Nature's Diet Cookbook please visit www.TriliumHealth.com

NATURE'S DIET

HEAL YOUR BODY AND STAY HEALTHY
BY FOLLOWING NATURE'S SIMPLE
21 DAY PLAN



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HAVE THE OPTIMAL HEALTH YOU WERE INTENDED
ANDREW IVERSON, N.D.