

## NATURE'S DIET Summary

**About Nature's Diet (short):** Nature's Diet is a clinically proven, step-by-step guide that combines nutritional protocols and natural therapies to elevate health and heal the body. Nature's Diet is based upon thousands of years observing the dietary and lifestyle habits of wild animals and our early ancestors. By applying these ancient practices to our modern day living we can unlock Nature's secret message to attain the optimal health we were intended

**About Nature's Diet (long):** Today our diet comes from food that is genetically engineered, man-made in a factory, and is loaded with harmful chemicals to extend the shelf life, lower the costs, and make us more addicted to the product. We have been eating this way since the turn of the 20<sup>th</sup> century and now the result is an epidemic of illnesses like never before seen in human history. What if you could have a simple solution to prevent and heal many of the health conditions that Americans are experiencing today? Well we do, and we have had it all along; the answer is *Nature's Diet*.

In his own clinic, Dr. Iverson sees chronically ill patients every day. With over twenty years of clinical experience, he noted that when his patients followed *Nature's Diet* they had amazing improvements in their health. After witnessing these miraculous responses over and over, Dr. Iverson was inspired to combine these principles together in an easy step-by-step 21 day guidebook. This book, *Nature's Diet*, is based on the premise of how wild animals and our ancestors have eaten and lived for thousands of years and applying those simple principles to present-day human health and healing.

*Nature's Diet* is based on the very nutritional guidelines Dr. Iverson uses with his patients every day to treat their chronic illness. By the end of the 21-days the reader has substantial knowledge of the dietary and lifestyle choices that are necessary to heal the body and bring the health we were intended. Besides guiding the reader on which foods to eat and how to prepare them for maximum nutritional value, *Nature's Diet* also reviews toxins in the environment and how to clear them with cleansing and detoxification, healthy hygiene products, optimal blood lab values, bio-identical hormones, food allergy testing, the most valuable dietary supplements, and even a chapter for a healthier sex life. All of these recommendations offered to you by a practicing physician who has used them successfully on his own patients, and now you too can heal yourself at home, with the power of *Nature's Diet*.