



Indie Groundbreaking Book: Nature's Diet New Book Champions the Healing Power of Nature

BY JIM BARNES

Andrew Iverson grew up on a farm in rural Washington State, loving the outdoors and all its natural wonders. He treated the world around him like a giant science experiment, learning how to cross-pollinate flowers and growing plants from cuttings. He couldn't decide what he wanted to become more, a doctor or a farmer.

Years later, while at university, Andrew met a naturopathic doctor who healed with nutritional and botanical medicines that helped patients' bodies heal themselves. Andrew's own mother was one of those healed by "Doc Ken," after enduring years of health problems unsolved by conventional treatments. Andrew began studying with Ken, and was amazed by "healing miracles" in which people who'd suffered for years were gradually improving and even saw their symptoms disappear altogether.

"I knew that I wanted to be a part of this and help people as he was helping people," says Dr. Iverson. "I realized that I could be both a doctor and work with patients and a farmer and work with plants. My childhood dream was fulfilled."

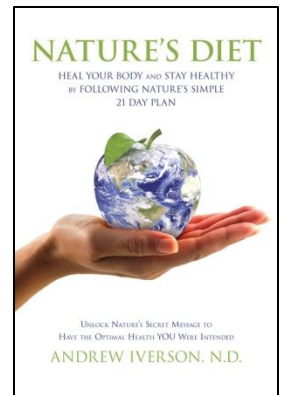
Now, after years of having his own practice and performing his own miracles with patients – often by simply changing their diets -- Dr. Iverson has decided to share with others what he found is making people better. "I just couldn't keep this to myself any longer," he says.

Nature's Diet: Heal Your Body and Stay Healthy by Following Nature's Simple 21-Day Plan, is Dr. Iverson's attempt to help readers "reclaim their health through natural foods and Biochemical Individuality." The book connects the proven concept of Biochemical Individuality with an everyday eating plan.

"Most people in our society have not been taught that their food choices can affect their health," says Dr. Iverson. "The majority of my patients wouldn't have needed to see me at all if they were already following Nature's Diet as a daily practice. Our body can heal itself, and in this book I show people how."

Written in a plain-spoken, conversational style, Dr. Iverson introduces the program, and then breaks it into a 21-chapter action plan, with a couple of new habits to start each day. Keeping a food diary, organizing your time, and tips for better exercise and sleep are all included.

"Unlike fad diets, I show readers how to make their enthusiasm and commitment last a lifetime through the power of their brain. Patients in my practice who honestly examine their current habits are the ones who always make extreme lifestyle changes and see the most results."



Natures Diet is based on the healing power of nature to mend and regenerate the body with clean air, pure water, wholesome food, movement exercise, sweating, hydrotherapy, sunbathing, botanical cleansing, fasting, prayer, meditation and rest.

The ironic part is there is nothing “new” or “cutting edge” about *Nature’s Diet*. According to Dr. Iverson, what is “new” is the food we eat today! “We have replaced our ancestor’s food for processed food and our forefathers’ plant medicine with drugs and the result has been a disaster. *Nature’s Diet* is literally remembering what it is we have forgotten the last 130 years -- that Nature provides everything we need.”

“If you look around you it is clear that Nature continues to persevere despite our poor stewardship of the Earth. This book is modeled after how the rest of the animals live on this planet. It takes into account our own “biochemical individuality” based on our genetics, geographic location, and physical activity. Most importantly, *Nature’s Diet* is based on my real life clinical experience and my mentor’s 40 years of clinical experience before me. I use it with my own patients and I see its benefits daily.”

“Just think about it. What did your grandmother’s grandmother do whenever she had an ailment? Well, she couldn’t turn to a drug since the first antibiotic didn’t come until the 1920’s and Tylenol not until the 1950’s. Your grandmother’s grandmother likely used food and plants as her medicine. 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 that they have never seen in all of history. The effects we are just beginning to understand and the consensus is not favorable.”

“I have had the great opportunity to do outreach medicine and nutritional education throughout Central and South America. I seek out traditional healers so I may learn what they use for medicine on their people. Most people in developing countries are average weight or thin and very few are considered overweight. You do not commonly see the children drinking cans of pop or juice drinks or eating bags of chips or candy -- mainly because they don’t have any extra money to eat that stuff. These people rely on their traditional foods for sustenance and their local plants for medicine.”

“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 best way to treat these symptoms is with nutrition, not a drug. This would result in a cure rather than just a “cover up” or palliation of symptoms.

“Natural medicine treats the whole organism -- the whole person. It works by nourishing the body so that it has the proper nutrients needed for repair and detoxification. For example, instead of just fighting an infection with something that 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.”

Besides being about how to eat correctly, *Nature’s Diet* covers health maladies like food allergies, digestive complaints, hormone imbalances, fatigue, anxiety and depression, insomnia, sexual dysfunction and more serious conditions like auto-immune disease, heart disease, diabetes, and cancer. There is a large discussion on

cleansing and detoxification, including the names of chemicals to avoid in your foods and your household products. It covers the benefit of botanical cleanses, colonics, and fasting, as effective methods in eliminating toxins.

“I specifically wrote it with the average American in mind,” says Dr. Iverson. “Most of my patients had no idea they were not eating properly. We as a nation have not been educated on how our diet affects their health. We have lost our forefather’s wisdom on the importance of eating home-grown nutritious food for good health.”

“All that is required is an open mind and a desire to want to be healthier. This book is for the individual struggling with their accumulating health symptoms and frustrated with modern medicine’s approach of prescribing another pill. After a few short weeks of eating correctly, my patients are amazed with the results in their body by simply following *Nature’s Diet*.”

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