

Nature's Diet Book Reviews

An Outstanding All-in-one Program

By Lynne McTaggart, bestselling author of *The Field, The Intention Experiment* and *The Bond* and featured in the recent documentary, *I am*

Naturopath Andrew Iverson has produced an outstanding all-in-one program for living a healthy life and curing illness naturally, which debunks much received wisdom about 'healthy' practices while offering a persuasive argument that your body, when given the right tools, is its own best healer.

A Great Diet and Health Book

By Chris Taylor, Director FOOD FIGHT- *Revolution Never Tasted So Good*

I got a chance to read "Nature's Diet" by Andrew Iverson over the weekend. His ideas on the importance of whole foods as a foundation for healthy eating are well-supported, and I wonder why the AMA and major dietary and nutrition organizations are not saying the same thing? If your doctor has not given you this book to read, then you should give a copy to him or her. Likewise to all school-based nutritionists, because this is the only diet program that, in a workable way, addresses the current obesity and dietary-influenced chronic disease conditions that are prevalent in school-aged children.

Dr. Iverson's book is important for another reason that puts it way above the average (and largely unsuccessful) canon of diet-lifestyle-advice books. Nature's Diet stresses the connection between mindful eating and health. Iverson realizes that there can be no long term success in the area of food, eating, and personal health until there is a strong mind-body connection. Conventional diet books miss this very important point, and it is for this reason that the recidivism rate is so high and the success rate is so low in those other diet books and regimens.

Dr. Iverson has laid out "Nature's Diet" in a logical format that allows the reader to go into the "pool" from the shallow end. He has outlined a specific plan of action that builds from simple to more profound on a day-by-day basis. This allows the reader to embrace simple concepts first and to move into more important choices once the foundation has been laid. He also realizes that no fundamental behavioral change can happen without a social support network (another point missed by conventional diet books) and actually provides templates for seeking this support from family and friends.

"Nature's Diet" shows Dr. Iverson's in-depth understanding of human metabolism, and how to apply healthy choices to basic and constant everyday choices about feeding yourself. Some of his knowledge explains things that I have been asking my family doctor for 20 years, and it impresses me that Dr. Iverson has answers for these questions while it depresses me that my AMA/Traditional Med School-trained doctor does not.

I have never been a fan of diet books as a category, and until I read Nature's Diet I had good reason to feel this way. After reading Dr. Iverson's book, my opinion has changed.

This is the one diet book that I can unhesitatingly recommend to everybody who is concerned about their health and their life.

Nature's Diet is Brilliant, Fun and Insightful

By Dr. Darren R. Weissman, Holistic Physician, Developer of The LifeLine Technique™, Bestselling Author, and Educator

The one thing that you can count on in life is change . . . its Nature's way. *Nature's Diet* is a brilliant, fun, and insightful orchestration of practical tools and strategies to create sustainable and empowering change. Dr. Andrew Iverson has successfully integrated ancient wisdom, modern science, and his passion for helping others help themselves into a 21 day total life transformation. This book will raise your consciousness, make you laugh, and most of all empower you to live life fully one day at a time. I love this book!

ForeWord Reviews: Good Books Independently Published

By Diane Gardner

"The natural healing force within each of us is the greatest force in getting well," said Hippocrates, long considered the Father of Medicine. Yet few people consider how the small choices they make each day strengthen or weaken their bodies' healthy function. Just maybe, better health can start right in the grocery aisle, using nature as a guide.

According to naturopathic doctor Andrew Iverson in his book *Nature's Diet*, everyone can find better health and even healing by looking to Mother Nature. For thousands of years, man has survived and thrived without the benefits of modern medicine. Nature provides exactly what we need in the forms we need. While allopathic medicine has its place, Iverson argues that our modern lifestyle keeps us from living and eating the way our bodies were designed. With a few changes, he says, we can find greater wellbeing.

The book presents a twenty-one-day plan for making healthy daily changes. Each day brings a single challenge, ranging from simple—eating whole foods—to more complex, such as detoxifying one's body. Each day clearly explains the change's health benefits and why it fits with and improves the body's intended function. For example, Iverson explains that foods grow at the times they do, in the places they do, and in the form they do for a reason, it's what people and animals in that particular region need to thrive.

Iverson's advice is straightforward. Regarding one reason why half one's diet should be vegetables, he says, "When that [natural vegetable] fiber is chewed and swallowed, it acts like a net of sponges which prevent the not-so-good things in your diet from being absorbed." His advice also stays practical, covering everything from meal planning and cooking to medications, vitamins, and healthy hygiene.

This book is not stuffy, clinical, or guilt-laden. The tone remains friendly, realistic, and understanding. Iverson gently invites readers to make the changes and discover the vibrant life they'd been missing. Not for those adamantly opposed to naturopathic medicine or a more organic lifestyle, this book's readers must be open to significant life changes. And while the fearless can dive right in, the timid can also benefit from the book by moving step by step toward potential greater well-being. Iverson competently reassures readers that this lifestyle isn't as out there as it may seem, and it isn't just for hippies anymore.

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

By Jim Barnes, Editor of Independent Publisher

Growing up on a farm in rural Washington State, Andrew Iverson couldn't decide if he wanted to be a doctor or a farmer. By becoming a naturopathic doctor, healing with natural medicines and plants, he does both. Now, after years of having his own practice and making people better - often by simply changing their diets -- he's sharing this knowledge with the new book, *Nature's Diet*. Written in 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. *Natures Diet* is based on the healing power of nature to mend and regenerate the body. Keeping a food diary, organizing your time, and tips for better exercise and sleep are all included. The ironic part is there is nothing "new" or "cutting edge" about it. *Nature's Diet* is about remembering what our forefathers knew, but we have forgotten -- that "Nature provides everything we need."

A fine read with plenty of sage advice

By Midwest Book Review (Oregon, WI)

What's natural for one may not be natural for another. "Nature's Diet: Heal Your Body and Stay Healthy by Following Nature's Simple 21 Day Plan" is a discussion of the nature of one's health and how to find it and live one's life to its higher regard. With a huge slew of tips on how to embrace the power of certain sugars, why meat may be vital for some people, avoiding the chemicals of some food, and more, "Nature's Diet" is a fine read with plenty of sage advice that can help one find that's natural for them for a more complete and better health.

Nature's Diet is Awesome!

Kathleen Gage, Author, Keynote Speaker, Marketing & Publicity Expert (Eugene, OR)

AWESOME!!!! I recommend to anyone who wants to learn an incredible amount about health and nutrition to get the book. The first chapter of Dr. Iverson's book contains a very powerful process about awareness. He simply shows us how to become fully aware around one's eating. He also takes the reader through a process of "looking into the future" to determine what our life will be like should we choose to continue disempowering behaviors....Dr. Iverson, thank you for writing such an incredible book and for sharing information that is truly life changing. You are fulfilling the work you have been tasked to fulfill by a higher source.

If I Could Only Recommend One Book On Nutrition, This Would Be It!

By Dr. Malcolm Smith

I'm delighted at last to find such a powerful tool for good health that I can share with my patients. Dr. Iverson's straightforward writing is comprehensive, yet not overwhelming. He constructs clear action steps that leave the reader feeling empowered and able to make simple changes in their diet that have the potential to transform their lives. This book meets people where they are at and offers them a way to propel themselves into a new level of health they hadn't imagined possible.

Highly recommended

By Dr. Brad West ND

I'm so glad someone put down all the good, common sense, and natural diet and lifestyle ideas from an ND viewpoint! And with humor, easy to read and lots of fun facts and insights from your brilliant mind and all your experiences! I will recommend it highly to all my patients and colleagues!

Dr. Iverson is a Modern Master

By Dr. Travis J. Elliott (Portland, OR)

In medical school, Dr. Iverson was extremely proficient in herbal knowledge, detox, fasting, and acid/base balance. In fact, some of our professors would turn to Andy for answers to some difficult questions. I know Dr. Iverson to be passionate and smart, willing to work his butt off for the benefit of whomever is sitting in front of him. I am delighted to have his book as a distillation of his healing perspective. Reading this book has been valuable to me, and I look forward to using it for needy patients.

Finally it has come...

By Joshua Berka NMD (Palos Verdes, CA)

This book is packed with information that is vital to both healing and maintaining health. Dr. Iverson shares Nature's wisdom through easy to follow applications that anyone can do. We are only as healthy as what we can take in, process, use and excrete from our body. The 21-day plan outlined in Nature's Diet is a perfect way to detoxify, get healthy and stay healthy. I will recommend this as a read to all my patients.

A God Sent

By Edmund Osei-Tutu Sunyani (Ghana Africa)

This God sent book, Nature's Diet, has diverse contribution towards ones life. The introduction awakens you to believe in yourself and also help you to find your true identity and destiny, which if you miss you will be miserable through out your life. It also teaches you that time used as an apprentice is never time wasted. And I was

astonished to know that my answers to the questions asked to the reader on the inside front flap were wrong! This excellent health book is one-in-a-million. This is a must-have tool for all mothers who would like to cook, serve, and train their children the healthy way of living. This book has changed our life totally. I love how Dr. Iverson elaborates about the natural habit or way of life. Nature's Diet is a good treasure that my family has found.

The health aspect is fantastic; the Body's ability to heal itself, being aware of the kind of food to eat, the importance of water as the best liquid on earth, etc. This bestseller must be a household name in every home because it can easily change your life if you adhere

to what Dr. Iverson says or preaches in this wonderful book. This book is the best gift for your love ones this Christmas, birthdays, etc. Good work done Dr. Iverson.

Nature's Diet - an easy approach for good health of mind, body, and spirit

By Chuck Goodwin RN, BSHCA

I found Nature's Diet by Dr Andrew Iverson, to be easy to read, informative, very beneficial, and oh so easy to accomplish - given the direction he sets in each of the

chapters. From the layman's approach, Dr Iverson has presented the means to achieve good health and maintain it using natural things we have around us, while making better use of the things we take

for granted. His comprehensive look at health and well being is easy to understand, makes sense, and he presents the information in a way that is accomplishable. From beginning to end - the book is a manual for a naturally healthy approach to better wellness of mind, body and spirit. It didn't hurt either, that Dr Iverson presented just the right of lightheartedness to make a point and keep the reader waiting for the next little 'tid bit' of humor to stress the point - making sense of it. Well done.

An Indispensable Resource

By Craig Hoffman CEO AquaLiv Inc.

Reclaim your health simply and naturally with Nature's Diet, an empowering 21-day diet makeover. In this new book, Dr. Iverson delivers tried and true dietary wisdom based on years of study and clinical practice. An indispensable resource, you will reference Nature's Diet for years to come. I recommend it to all my customers.

Nature at its best!

By Dr. Alison Finger ND (New York)

Nature's Diet is a clearly written book using the basics of nature to bring vitality and health back into one's day to day life. Dr. Iverson has described a plan that is not overwhelming in that it adds new things to focus on each day instead of all at once. This is a book that I have already mentioned to my patients and will continue to do so.

This is an easy to follow daily diet journal with all the work already done for you

By Danni (Los Angeles, CA)

With all of the diet and health information out there, it's sometimes hard to find an easy to read, simple to follow, quality book about Diet and Health. This is one of the best I've found.

First- I learned that even though I believed I was eating healthy, a LOT of things I was consuming were actually bad for me. There were SO many common misnomers about eating (and cooking) healthy that I had believed to be true, that in fact were not true!

Second- It's set up as a 21 day plan, but more like a daily diet journal that I follow in my everyday life. I eat out a lot in my job. I use the book as a daily resource to make sure that I'm eating well and staying healthy.

Third (and most important- It's easy to read!...and just as easy to follow. Dr. Andrew Iverson keeps things simple, and pure just like Nature intended it. It covers all the bases but it's simple enough for anyone to follow.

A book as awesome as the doctor who wrote it

G. Moore, (Lakebay, WA)

Dr. Iverson brings back memories of healthy living, in tune with nature, not merely food related, but memories of a truly wholesome, natural life style. That memory is inherent in everybody, but due to media, the medical establishment at large, government regulations, pharmaceutical empires, etc., we have been made to forget about our heritage as inherently healthy human beings. Dr. Iverson does not use the cookie cutter method of treating his patients, nor does his book employ this method of suggesting how to eat and live. The book lays down the basics of health, separates fact from fiction, and gives the reader a wealth of information about how to choose food that is right for them as an individual. Dr. Iverson wrote the book in an easy to follow and understand manner, and he infuses it with lots of his great humor. All in all, I highly recommend this book, as it makes a wonderful addition to the library of anybody who is health conscious. And if you are lucky enough to live in western Washington, treat yourself to an appointment with Dr. Iverson and his staff, so you can firsthand

experience the difference between an ordinary doctor and a professional who is dedicated to helping, healing, and educating his patients. Thumbs up for Nature's Diet!

Highly Recommend!

By Karl Schaffner, Transformational Breath Facilitator

Dr. Iverson did a brilliant job in presenting his knowledge and advice in a simple, personal and greatly enjoyable way. The wealth of information combined with practical advice makes 'Nature's Diet' a complete handbook for a healthy, natural lifestyle and diet. I highly recommend it for anyone.

Nature's Diet

By Lisa Ponraj

What a well written, easy to read, information packed book! If you believe in taking charge of your own health, then this is such an important resource for your life. My husband and I have devoured it, learning and applying the wisdom to our lifestyle

More than just a 'diet' book

(Tacoma, WA)

This is not just another "diet" book; each day is loaded with vital information that could influence the way you and your family feel and live forever!

No more guesses about what foods are best or why, what your blood test results actually mean, why you should or should not eat meat or dairy, about toxins and chemical exposure, how to cleanse, cook, detoxify, lose weight, gain more energy, sleep better, etc...WOW! There is so much to learn beyond "diet".

Dr. Iverson has written a highly educational yet clever, witty and quick read for busy moms, stressed-out students, the over-worked and under-exercised, the health conscious and the health UNconscious...you'll reference it for years to come.

The best read in a long time...

By Jesse Simmons

Talk about inspiration and with ease! Thank you Dr. Iverson for taking us back to our roots and to the knowledge that mother nature intended for us. This book is not only educational but fun to read too. Your insight is like no other, and this book is a must read for anyone that cares about their personal health or their loved ones!

No More Fads!

By James

I just ordered 10 more books and am giving them out to people I care about, what higher level of recommendation is there? The concepts are easy to understand, the science is fundamental yet approachable, and the conclusions are absolutely obvious. Thank you Dr. Iverson!

A Life Changing Book

By Dr. Lauren Peizer ND

This was an amazing book that gives you simple changes that led to dramatic results in your health and in your life. It is easy to read and Dr. Iverson gives straightforward explanations with a sense of humor. I would recommend this book to anyone who wants

to take control of their health! As a student of naturopathic medicine there is no one else I would rather have representing the profession I have chose to pursue.

21 drops of wisdom that will transform your health!

By Jaime Zaragoza (Texas)

This book is the simplified condensation of the wisdom of the body and nature. The principals are undeniable and their power trans-formative.

If you are interested in Health, this book is for you, simple and fun to understand and easy to incorporating into your life. Once you apply its simple principals you will have an unshakable foundation for health.

Wonderful health book!

By Paula Moll

I sincerely learned a lot from this book about avoiding toxins created by how we cook, what we eat, and how we live. I highly, highly recommend this book to anyone who is interested in improving their health. It's very intuitive and makes so much sense. I am looking forward to reading future books by Dr. Iverson.

My Favorite "Diet" Book!

By Isabelle D.

Dear Dr. Iverson! Thank you so much for your message!!! To me, your book is not a "diet" book but an educational book on the simple principles of who we are, what we are and how we are to nourish and nurture our body the way it was intended to be. Simply written, synthesizing complex information's about the foods we should eat versus what we've been eating makes your book an invaluable companion. I know I will read it often and use it as a reference should I slip back in the "old ways" of eating. You have given us a practical tool to help us cross the bridge from eating unconsciously to being responsible and accountable for our health and well being! Thank you for sharing your passion!!!

So simply informative!

By kbbeauty

I have read so many "food" books and seen so many "food" movies including, "The Kind Diet", "Omnivores Dilemma", "The Vegetarian Handbook", "Eating Animals", "Food Inc.", "The Future of Food", etc... but what all of these failed to do was simplify the solution. Dr. Iverson explains in "Nature's Diet" that the formula to be healthy is actually very simple. All we need to do is eat the way nature and God intended us to do. More vegetables less processed yuck:)Counteract all the free radical hits our systems take with good supplements. "Nature's Diet" is like a how to feel good instruction manual.