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NATURE'S DIET

I recommend this book to anyone who feels sluggish and tired or feels a general malaise throughout his or her day. Following Dr. Iverson's cleansing techniques in combination with individualized tips and pointers given for each day allowed me to feel lighter on my feet, energetic and focused from the moment I wake in the morning! – J.P. Scottsdale, AZ

I have been struggling against addiction for most of my life. Addictions to sugar like chocolate, alcohol, cigarettes, and junk food. Although the changes were difficult at first, I have gained new clarity and energy unlike I had from the all the sugar I depended on. I am still smoking, but down to only 3 cigarettes a day, compared to a half pack from before.- L.C. Lakewood, WA

My entire life I have been constipated having just one bowel movement every 3-4 days. Within one week after following Dr. Iverson's recommendations in Nature's Diet I became regular having daily bowel movements. Besides this I noticed I did not have heartburn after eating anymore. – D.H. Fife, WA

I was considering seeing a therapist because I thought I must be depressed. After following Nature's Diet I realized that I was not depressed at all. I was poisoning myself with processed food! – R.M. Tacoma, WA

The pain in my joints was at times so intense it impacted how I was able to work and enjoy life. After a few weeks on the diet program my hands have full mobility and strength, something I had almost forgotten about! – Tacoma WA

My wife and I were both in trouble. We had elevated blood pressure, cholesterol, and blood sugars. Thankfully, Dr. Iverson is the kind of doctor that saw the problems that awaited us before they became destructive. He urged us to be proactive and change our lives. WE DID...three months later we have lab tests that are optimal and I am telling everyone! -B.B. Yelm, WA

I had been diagnosed with an autoimmune disease that the doctors had said my only option was to be on prednisone for the rest of my life! After an intensive change in my diet and focused cleansing protocols, it is as if the veil has lifted. I no longer have the symptoms associated with the disease I was diagnosed and best yet – I was able to get off the prednisone!- N.D. Tacoma, WA

After having blood work that revealed cholesterol at 342 and blood sugar at 120, I was told that I better lower the cholesterol by my medical doctor whom suggested medication. Three months later, after visiting Dr. Iverson my blood work was retested and the cholesterol was 206 and blood sugar was 92. Thank you for your good work and very caring attitude. I will be forever grateful!- M.K. Yelm, WA

I arrived at Dr. Iverson's 3 months prior with the knowledge that traditional medicine didn't have all the answers. I have lost 39 pounds and 10 inches off my waist since my first visit! Also, I no longer require Tylenol PM and caffeine to function. Thank you for your help in finding the missing links. -O.B. Spokane, WA

