

***ENCYCLOPEDIA OF  
FOODS AND THEIR HEALING POWER  
& MEDICINAL PLANTS***

Mrs. \_\_\_\_\_, thank you for taking a few minutes to look at these wonderful health books. Do you remember where you picked up the little card? What prompted you to mail in the card? Is there a particular interest that you have in health?

I want to quickly explain why these books are so urgently needed in every home.

In spite of our modern health system, the rate of sickness and disease is increasing exponentially in United States. About 80 years ago only 1 in 25 people came down with cancer. Today 1 out of 3 people have or will have cancer, and it's believed that soon it will be every other person. And 100 years ago heart disease, cancer and diabetes were barely heard of. Yet today they are claiming the lives of the majority of the people in western civilization.

Why? Because our diet and lifestyle has changed so much in the last 100 years. It is calculated that 40% of all the cases of cancer that appear in developed countries are directly related to the foods that we eat. Not to mention that in US every year over 125,000 people die either from wrongly prescribed medication or unexpected side-effects. The reason is that we try to treat the symptoms and not the actual problem.

Hundreds of thousands Americans wait in doctor's offices everyday because of sickness and diseases like: Heart Disease, Stroke, High Blood Pressure, Diabetes and Cancer. Did you realize that:

- every 29 seconds someone suffers a heart attack
- every 60 seconds someone dies from a heart attack
- every 45 seconds someone suffers a new or recurrent stroke
- every 3.1 minutes someone dies from a stroke (a CDC report)

Some people think that these diseases only affect the elderly but the truth is that more and more people 35 years and younger are experiencing heart attacks and strokes. You can see why we so badly need to learn to prevent these, don't you Mrs. \_\_\_\_\_?

More and more doctors and health professionals are coming to the conclusion that about 85% of ALL health problems that we have today are definitely caused by wrong habits of living, eating and drinking. Which makes sense because it's the same thing as saying that a car breaks down if we put the wrong fuel and fluids into it, wouldn't you agree?

People are asking everywhere how they can avoid some of these diseases and how they can be healthier. So Medical Scientists have recently devised a professional program to educate the public regarding the healing properties of herbs and foods called "The Encyclopedia of Medicinal Plants" and "The Encyclopedia of Foods and Their Healing Power".

May I ask you a question? Does anyone in your family have any major health problems?

One of the most important benefits that these books offer is that they show you what is actually causing the particular problem that you may have, and exactly what to do to relieve or overcome it, instead of just how to treat the symptoms. These are not the kind of books that tell you which pill to take for which problem and then which pill to take to take care of the side effects of the first pill. (smile) Instead it uses simple language to tell you how you can get strong and well again without using medication.

Now let's first look at "Foods and Their Healing Power" which has over 1200 page of vital information divided into 3 volumes because it would be too big to be just one. Volume 1 explains nearly 700 different kinds of foods, their nutrition analysis and how they can help you. Volume 2 explains over 230 different diseases and health problems, and exactly what to do for each one. Volume 3 is very helpful volume that shows you how to prepare and serve many kinds of recipes and dishes that are important for each special need.

Here in volume 1 is a fascinating look at all kinds of foods from strawberries to shellfish. It probably contains every food you can think of and some we never knew existed. (Smile) To find the food that you want to look up just go to the food index.

Let me show you the list of chapters that are found in this volume. Each chapter gives you detailed information about that specific type of food, how to best prepare it and preserve it, its nutritional value, and its benefits and draw backs.

Now its one thing to know you should eat right, it's another thing to know how to go about doing it, isn't it Mrs. \_\_\_\_\_? These volumes are designed to assist you in the difficult task of choosing the appropriate foods for your family's health and well being.

For example look with me at page 254, here it is talking about shellfish. It shows you the nutritional value, the drawback, and even the role it plays in your diet.

Near the back, beginning on page 385 it explains how to get the vitamins, minerals and energy that you need from various foods. You will notice under each heading, that it tells exactly which foods contain these things and which foods have the more concentrated amounts as you go down the list. This is very helpful as it will save you a lot of the expense on vitamin or mineral supplements! Food is your medicine. You need more potassium you eat more bananas, you need vitamin C you eat broccoli (it has more vitamin C than oranges).

Now we come to Volume 2. When you have a need to find out what to do for a health problem or disease you can just come to this volume and look up the index on diseases. Each problem is listed here and tells you where to find it in the book. For example you can look up Arthritis, Cancer, Diabetes, Depression and all kinds of needs.

Notice on page 88 where it explains what to do for Hypertension. It will list the foods that will help the body to heal the problem and explains why, and then it points out the foods that cause the problem, and encourages you to reduce or eliminate these foods so the body can have a much better chance of recovery.

One lady said that she experienced a dramatic improvement in her eyesight by following the apricot treatment (that is described on page 26).

(Page 63) Here it shows how broccoli is ideal for heart patients. There is a composition chart and ideas of how to best prepare and use it.

And for the common cold and flu look with me on page 351 and 352 where you will find that kiwi is recommended for vitamin C rather than orange, because it has a much higher concentration of it.

Chapter 35 (p. 368) is devoted to foods and cancer, look at this chart of Cancer Causing Factors. Remember what I said that 1 out of every 3 people have or will get cancer, well here it talks about prevention and treatment.

There are so many more wonderful things in this book.

But let's go to volume 3 which shares ways of implementing the information in volumes one and two in a practical way. The recipes in this volume not only are good for you but they also tastes great.

If you take good care of your health it will take good care of you and you will be spared the pain and expense of dealing with and treating disease, wouldn't you like that Mrs. \_\_\_\_?

Now to complete the set we have the Encyclopedia of Medicinal Plants. They work the same way as the Foods Encyclopedia except that they focus on a wide variety of herbs and plants (470 altogether), and it covers over 500 different conditions such as: headaches, insomnia, intestinal problems and ulcers, some of which are not covered in the Foods Encyclopedia.

Let's look at page 294 and notice how many healing properties onion has. It is ideal for those who suffer from bronchitis, arthritis, or asthma. This upward pointing arrow means there are no side effects in using this plant. On TV whenever a medication is advertised for a particular problem, it is always followed by a long list of potential side-effects. I've even heard them say, "On rare occasions death may result." Isn't that scary?

This icon means the bulb of this plant is to be used. This icon means it is good for the kidneys and bladder, this one for the muscular-skeletal system, this is the metabolism and this one means it's good for the liver and gall bladder. It also shows you how to prepare and use this plant. (Read text under lower picture p. 295) Onion is a good antibiotic, diuretic, hypoglycemic, and it is good even for cosmetic uses. It works very effectively in braking up blood cloths and preventing the formation of blood cloths. These are just some of the many benefits of the onion.

One that might surprise you is on the last page of this volume, and that is dandelion. The leaves are good for the liver and kidneys, for the stomach and the intestines. It treats gall

stones very effectively and it is recommended for people with hepatitis. Also an interesting fact is that the root can be used as a coffee substitute, without all of the bad side-effects coffee has.

Volume 2 is a continuation of volume 1. There is a section on stomach ulcers, for instance. If you go to page 423 you will find a list of plants that can help with ulcers. Cabbage is listed as one of these plants. If you drink a half glass of fresh cabbage juice before meals for about 5 days, it will take care of stomach ulcers without having to use any medications.

If you go to page 433 additional information is given on cabbage. Cabbage juice is excellent for healing stomach ulcers and also helps lower the blood sugar level in diabetics! (p. 434) The leaves can be used to heal skin wounds and gout.

Chapter 27 (p. 680) talks about plants for the skin and beauty care. This allow you to have a salon in your own home with no chemicals and hardly any cost. Wouldn't that be nice?

All of these books I have shown you are not only wonderful, but easy to use and our customers are getting wonderful results from using them. One customer dropped his cholesterol from over 400 to 180 in three weeks time by following the guidelines in these books. Do you see how beneficial it would be for you to have these volumes Mrs. \_\_\_?

By having these Healing Foods Books in your home, you will quickly find that they are indispensable. They will save you so much money in doctor bills and in medication, groceries even, and so much pain and heartache. Some things don't cost, they save! If just one page from these helped save the life, or dramatically improve the health of one member in your family, it would be worth thousands of dollars to you, wouldn't it?! And if you put in practice what you find in those books, it will for sure improve your life tremendously in a short amount of time.

Mr. & Mrs. Jones are there any other questions that you have about the books, besides how much they are and how you can have them in your home?

What did you like most about the books?

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