



Surviving the American High-Tech Diet

Kathryn Parslow

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Surviving the American High-Tech Diet Kathryn Parslow

Eighty-eight percent of Americans over 65 have at least one chronic health condition gained from a lifetime of the American diet. The steady rise in life expectancy America has experienced over the past two centuries is soon coming to an end. How can we combat these odds? How can we protect ourselves and our families from a lifetime of pain and suffering? Find answers in *Surviving the American High-Tech Diet* a breakthrough guide that offers scientifically proven answers to America's health crisis. From annoying ailments, such as headaches and sinusitis, to the major killers, heart disease and cancer, nature's oldest medicine not only cures, but often prevents such sufferings. And what is that medicine? Food! Author Kathryn Parslow has collected the new discoveries and old knowledge about the natural uses of food into practical, user-friendly information. This guide makes understanding the works of the body effortless! Whether for friends, family, or yourself, learn how you can be successful in *Surviving the American High-Tech Diet*. Endorsements: You need all the help you can to survive the Standard American Diet (SAD). This book is a must read for everyone interested in their health. Dr. Earl Mindell Author, *New Vitamin Bible* *Surviving the American High-Tech Diet* is a book that all should read and heed. By following it everyone can improve their health, recover from illness, and enjoy a new, adventurous lifestyle. Doris Rapp M.D. Author, *Our Toxic World A Wakeup Call*

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