



Traditional Foods Are Your Best Medicine: Improving Health and Longevity with Native Nutrition

Ronald F. Schmid N.D.

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This book traces the cause of many chronic health problems to our modern diet and shows how a return to traditional foods can improve one's well-being. Modern medicine now recognizes that the present-day Western diet is responsible for many of today's chronic illnesses. Nutritionists and anthropologists have noted the decline in health that accompanies indigenous peoples' transition from traditional to modern diets. In *Traditional Foods Are Your Best Medicine*, Ron Schmid explains how a return to a traditional diet can help you reduce your risk of heart attack by 50 percent; fight allergies, chronic fatigue, arthritis, skin problems, and headaches; recover from colds and flu in a day or two; and increase your life-expectancy. Chapters focusing on the major food groups, common diets, and health goals enable you to tailor a diet to your special needs. New edition, previously titled *Native Nutrition*.

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