



Food Combining: Better Health--The Natural Way

Rita Bingham

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In 1997, the United States spent \$1 TRILLION on health care-just in hospitals and doctors' offices. That's \$3,000 for every man, woman and child. We also spent staggering amounts on nutritional supplements in health food stores. So, are Americans the healthiest people on earth? In comparing the United States to 227 other countries, it ranked 29th in infant mortality and 46th in life expectancy!! That means that people in 28-45 countries spend far less on health care, have far better health and live longer lives than Americans, according to Dr. Ted Morter, author of Dynamic Health. Whether you are just beginning to use wholesome foods (or maybe still thinking about it??), or are already using them on a daily basis, this handbook will show you how to combine and prepare them properly to get the most from your meals. It will reveal the secrets of good nutrition and give you the keys to eliminating disease so you can enjoy better health ...the natural way.

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