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The Guide to Healthy Eating

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The Guide To Healthy Eating David Brownstein

Dr. Brownstein has authored eight best-selling books on natural health, including *Drugs That Don't Work and Natural Therapies That Do!*; *Overcoming Thyroid Disorders*; *Overcoming Arthritis*; *The Miracle of Natural Hormones*; *The Guide to Healthy Eating*; *Salt Your Way to Health*; *Iodine: Why You Need It, Why You Can't Live Without It*; and *The Guide to a Gluten-Free Diet*.

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Dr. David Brownstein, editor of Dr. David Brownstein’s Natural Way to Health newsletter, is a board-certified family physician and one of the nation’s foremost practitioners of holistic medicine. Dr. Brownstein has lectured internationally to physicians and others about his success with natural

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