



Dietetics of Naturopathic Medicine

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What we choose to eat is arguably the most important factor in producing and sustaining health. Diet was a cornerstone for the early Naturopaths as they charted their course for health reform. Dietetics of Naturopathic Medicine reviews the writing of these early Naturopaths who scrupulously examined and documented the role of diet and food. As important today as when these pioneers first brought forward their discoveries into clinical practice, their dietetic knowledge is a precious resource for the modern Naturopath. The Rare Book Room at National College of Natural Medicine houses the unique collection of journals published by Benedict Lust in the last century. Through fifty years of advocacy and patient care, this naturopathic champion wrote, collected, edited and published several thousand substantial articles on every conceivable naturopathic medical subject. Culling this rich landscape of seminal articles, Dr. Sussanna Czeranko, ND, Rare Book Room Curator, has created an extraordinary, one-of-a-kind resource called The Hevert Collection: In Their Own Words, a twelve book series that reintroduces the roots of the medicine to modern Naturopaths. Our bodies are masters of self-healing, long verified in Physiology as 'homeostasis'. Yet, day after day thousands of unhealed men and women trudge off to doctors' offices seeking medicines to soothe their complaints. Many of these medicaments, though, have led to even greater predicaments. For hundreds of years Nature minded doctors have taught that foods and herbs, when misused, can harm, but when used appropriately will heal. Sussanna Czeranko, ND, has taken the best from this vast literature of the Lust journals and made it available for modern ND's and their patients. We can all benefit from the cumulative wisdom and pearls of the many early naturopathic doctors in these pages. Enjoy this wealth of nutritional insight. -Jonn Matsen, ND, Author of Eating Alive, Secrets To Great Health and Eating Alive II

The founders of Naturopathic medicine understood that a vegetarian-based diet was one of the cornerstones of their practice. Students and practitioners from all healing disciplines will greatly benefit from this historical and informative text. A vegetarian diet is not a new fad but the basis of achieving optimal health and well being. -Dr. Bruce Canvasser, ND, NCM 1978

Dr. Sussanna Czeranko's Dietetics of Naturopathic Medicine dives deeply into the historical literature of our great master Naturopaths, reintroducing us to the most simple, but most important and profound, dietary rules for creating and maintaining health. Sussanna provides us with a fascinating view of how dietary evolution into the processing and chemicalization of food is what has brought us into an awful state of disease. She helps us understand that dietary logic was implemented decades ago and that the core diet suggestions from a century ago parallel, and even complement, many of the suggestions we make today as Naturopathic Physicians. -Jessica Black, ND, NCM 2002, Author of The Anti-Inflammation Diet and Recipe Book, Co-author, Living With Crohn's And Colitis

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