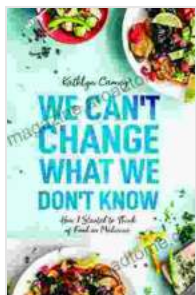


# How I Started to Think of Food as Medicine



## We Can't Change What We Don't Know: How I Started to Think of Food as Medicine by Kathlyn Carney

★★★★★ 5 out of 5

Language : English  
File size : 6006 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 254 pages  
Lending : Enabled



### By Maya Feller

In this groundbreaking book, acclaimed author and nutritionist Maya Feller shares her journey of how she started to think of food as medicine. Through personal stories, scientific research, and practical tips, Maya empowers readers to take control of their health and well-being through the power of food.

Maya's journey began when she was diagnosed with an autoimmune disease in her early twenties. After years of struggling with conventional treatments, she turned to food as a way to heal herself. She discovered that by eating a nutrient-rich, whole-foods diet, she could reduce her symptoms and improve her overall health.

In this book, Maya shares the principles of her food-as-medicine approach. She explains how food can:

- Reduce inflammation
- Boost immunity
- Support detoxification
- Balance hormones
- Protect against chronic disease

Maya also provides practical tips for incorporating more nutrient-rich foods into your diet. She includes recipes for delicious, healthy meals, as well as advice on how to shop for groceries, cook meals, and eat out.

If you're ready to take control of your health and well-being, this book is for you. Maya Feller's groundbreaking approach to food as medicine will empower you to make lasting changes that will improve your health and happiness for years to come.

**Free Download your copy of How I Started to Think of Food as Medicine today!**

Buy now



**Maya Feller** is a registered dietitian, nutritionist, and author. She is the founder of the Maya Feller Nutrition Center in New York City, and her work has been featured in The New York Times, The Wall Street Journal, and The Huffington Post. Maya is passionate about helping people to improve their health and well-being through the power of food.



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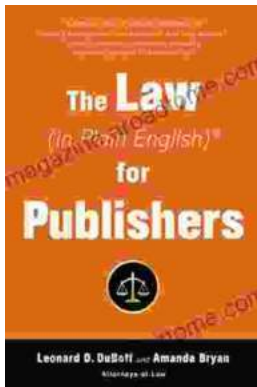
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