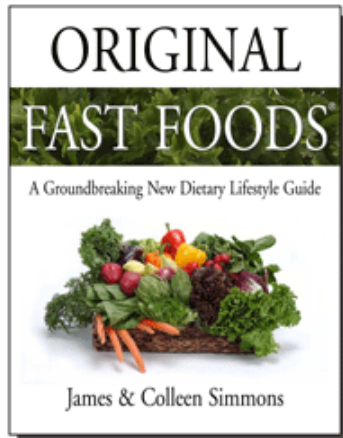


DR. CHRISTOPHER'S Herbal Legacy Newsletter

Original Fast Foods

by Yvonne L. Salcido, M.H.



One of my favorite books on Nutrition and holistic healing is *Original Fast Foods* by James D. and Colleen Simmons. James has an amazing story on his journey to health. Like most of us he grew up believing everything you hear on TV about nutrition and health. James went seeking answers and help in the medical community for eleven years for some serious health concerns. Finally after lacking the help and direction he desired he made a choice that changed everything, including his whole life. This book is another witness of how the timeless principles taught by Dr. John R. Christopher can bless your life if followed. A son of a Medical Doctor and a dietician, James thought there was only one way to health, the fabulous, "American Diet". He came to understand that is the cause. He talks about concerns with America's Health Industry and Politics and additional influences that have shaped the many misconceptions that are prevalent in society today.

In his book *Original Fast Foods*, James Simmons explains the functioning of the different systems of the human body in a way that is clear and understandable for anyone. This gives you a tool to process the importance of the food we put in our gas tank (digestive system). James states, *"The body is a wondrous and complex organism... At its best it is self-correcting and self-regulating in nature as each system interacts with the other systems in support of the healthy functioning of the whole body"*. Addressing the severe impact some foods have on the body, as in causing food seductions/addictions James also shares, *"Science has demonstrated that some foods are addictive and stimulate the same biological pathways as those that are stimulated by illicit drugs, tobacco, and alcohol"*.

There is a motivating chapter on "Achieving Vitality" teaching the nutrient density of foods, the cleansing potential of good food, how to insure good bone health, balancing your blood sugar, and how heating affects your food thus affecting your vitality. He then makes it all easy, eliminating common fears and myths. James even has a section on the spiritual writings through the ages about diet. This was very interesting and historical no matter what religious background you have.

The book is concluded with menu and shopping guidelines, and has fabulous recipes! Yes, I actually use this book and keep it with my recipe books in the kitchen. This is one you won't want to be without, especially if you need another recipe book that fits the mucusless diet guidelines. I think you might even be a little surprised as I was, I couldn't put the book down, I was so motivated and inspired.

You can purchase *Original Fast Foods* here: <http://www.christopherpublications.com/OriginalFastFood.html>

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