



## A Fundamental Guide for a Healthy Lifestyle and Nutrition (Paperback)

By Dr. Ugur Gogus Ph.D

AUTHORHOUSE, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.All scientific claims indicate one result that food and nutrition is an integral part of medicine while medicine can not show its curing potential without a correct and complementary food and nutrition. A blood thinning (anticoagulant) drug when combined with too much blood thinning food consumption can increase the risk of internal bleeding risk and may be fatal. Bergamottin in grapefruit can inhibit the activity of liver enzymes and can cause the accumulation of radio and chemotherapeutic agents in blood which can increase the side effects of such anti-carcinogen treatments. Similarly, fibers which are introduced as healthy food components with their weight loosing and cancer protecting effects may bind some important nutrients which may result in immunodeficiency and chronic fatigue. Omega 3 fatty acids as the healthiest fat options may even be fatal during ventricular tachycardia. I have tried to inform the reader that there is no a completely healthy or a completely harmful food while there are some beneficial foods for some diseases and disorders. I strongly believe that you will be able to enhance the curing potential of the traditional medicine...



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