



Dietetics of Naturopathic Medicine: In Their Own Words

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What we choose to eat is arguably the most important factor in producing and sustaining health. Many families today look to diet in working with diabetes, obesity, inflammation and nutritional 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 University 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. Richly illustrated.

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