

# FOOD *as* MEDICINE

How to Use Diet, Vitamins,  
Juices, and Herbs for a Healthier,  
Happier, and Longer Life



Dharma Singh Khalsa, M.D.  
National bestselling author of *Meditation as Medicine*

*"Food as Medicine is absolutely fantastic. I loved it!  
Read it and add years to your life."*  
— Stephen Sinatra, author of *Lower Your Blood Pressure in 8 Weeks*

# **Food As Medicine How To Use Diet Vitamins Juices And Herbs For A Healthier Happier Longer Life Dharma Singh Khalsa**

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