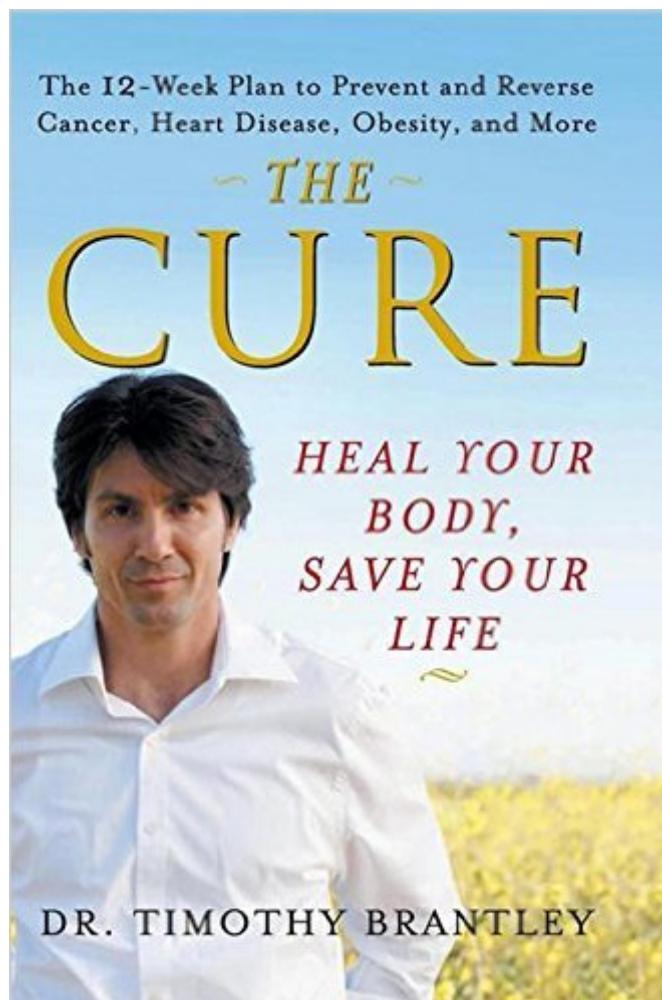


The book was found

The Cure: Heal Your Body, Save Your Life



Synopsis

According to Dr. Timothy Brantley, most health problems are not caused by genetics or germs but by the standard American diet. Drawing on Brantley's groundbreaking research and his years of working with nutritional healing, The Cure contains a revolutionary step-by-step program that can flush toxins out of the body, restore balance, promote natural healing, and increase vitality.

Book Information

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Customer Reviews

This book is very well written and very informative. I felt just like Dr. Brantley had written this book for me. Both my son and myself have suffered from terrible food allergies. In the past I have searched high and low trying to learn about the interaction of food and our bodies but up to now I've not found anywhere except in this book. He has a unique ability to make complex information understandable and gives excellent day-to-day instructions that made it easier for me to use make a part of my life. I'm only 5 days into the program and I truly can feel and see the difference. My morning cough is gone and for the first time in my life my nose is clear. Thank you.

Please buy this book if you're sick of being sick! Dr Brantley is a brilliant naturopathic doctor with a well-documented track record for healing even patients with "incurable" diseases. He has two degrees from prestigious naturopathic universities. I once heard him speak in person and his information is outstanding. Recently he appeared on my favorite show, RACHEL RAY, and they recommended this book. Anyone who questions why he questions the radical mis-treatment of the

medical community may not be aware that the AMA itself reports that doctors are the #2 cause of death in America. And that doesn't count people who die from taking medicine. Nearly 100,000 people each year die from medical mistakes in hospitals alone (reference: **WALL OF SILENCE** by Rosemary Gibson). Billions of dollars have been given to charities like the American Cancer Society and cancer now kills 1 in 2.5 people - more every year, not less. Are we nuts to think medicine makes us healthy? If Dr. B's health program seems "extreme," it just shows how twisted our logic has become. Amputations, radiation, medicines that list hundreds of dangers on the label seem "normal." 30% of Americans are obese and that now seems "normal." One in two people get heart disease. Normal? Fruits, vegetables, herbs and good water are "extreme?" Think about that. Dr. B. shows us how to cleanse our bodies simply just by taking herbal formulas that work well and have zero negative side effects. He provides information on his own herbal formulas but also encourages readers to find whatever comparable formulas may work best for them. He has a simple plan to re-hydrate us since our bodies are mostly water and our water is no longer "structured." This is not just drinking more water - it's using specific waters at special times and cutting out the liquids that de-hydrate us. Best of all, he tells us exactly how to prepare the best meals I've ever made in my life. Fast, cheap, simple, delicious and totally filling! I've been following his program and bought his products online and, boy, have I seen results in just 3 weeks! Migraines are gone, my skin looks great, I have more energy than I can remember and every day I look forward to waking up and eating the great recipes he gives like nut milk shakes, Corny Salmon and incredible salads. If you think this diet is hard, try being overweight, exhausted, sick or in chemotherapy! Now that's hard. "The Cure" is for people who don't want to be lied to about "eat anything you want, take drugs and you'll get thin and healthy." Dr. Brantley tells us the truth. It's about time someone did.

I totally agree with everything Timothy Brantley says in his book. Our American diet is terrible. I've been attempting to change my family's diet for a long time and although I haven't gone completely raw, I certainly include many more raw foods in our shopping list and diet. It's hard to change when other members of your family are a little less willing to take the plunge. We all have to eat, and the grocery funds only go so far. That said, I am totally convinced and working toward the goal of a healthy diet. I would like to comment on some other reviews that call Brantley's book a "sales pitch". He states many times throughout the book that he has spent much time and painstaking effort to come up with formulas that work. Obviously he is going to recommend his products because he can be sure of their results. His book is believable and inspiring. I hope he can sell millions and get this message out to everyone. We certainly need it.

This is somewhat of a difficult book to review... The Cure: Heal Your Body, Save Your Life by Dr. Timothy Brantley. On one hand, I think the basic gist of what he's talking about is correct. On the other hand, his program is truly extreme and almost ends up being an infomercial for his website and products.

Contents:

- Part 1 - The Search for Balance: Balance and Imbalance; My Quest for Truth; Indecent Exposure; Curing the Incurables; Kathy's Story; Creation, the Real Healer; The Tin Man; Sonya's Story; Water, the River of Life; My Study
- Part 2 - The Brantley Road Map to Balance; A Little Inspiration; What to Drink and When; What to Eat and When; Taking Out the Garbage; Sun, Spirit, Exercise, Rest, Relaxation, Fun, and Forgiveness; The Obesity Cure; The Antiaging Cure
- A Final Word: Health Is Your Divine Birthright; Author's Products; Bibliography; Index

Brantley is someone who struggled with a number of health issues for much of his life, as well as watching his mother and father die of various illnesses. He questioned doctors as to **why** people got these diseases, instead of just accepting cures that would not correct the underlying problem. By using his own body as his lab, he came up with a number of dietary guidelines and practices that he feels restores the body to its natural state of health. The first part of the book (the larger part) is his story of research, as well as how he worked with and cured a number of "incurable" people who had diseases that were considered terminal. The last part of the book goes into some level of detail on the program and what a person should and should not be eating and doing to themselves.

On one hand, he's correct that the typical American diet is atrocious. The heavy reliance on processed food and chemical-laden products has a direct effect on our health and well-being. He advocates for a diet consisting of food that is as raw as possible ("as Creation intended"). Veggies, fruits, nuts, meat, you name it... raw or lightly seared. For fluids, it's pretty much water. I don't doubt that eating the way he wants would do wonders for your body. But I tend to get a bit leery of all his "cleansing" routines. He's come up with a number of detox formulas which are designed to eliminate all the toxins from your various organs. Couple that with colonics, and you're doing some pretty strange things to yourself. He is **very** turned off on modern medicine and pharmaceuticals, pretty much accusing them of doing nothing more than chasing the almighty dollar and making people sicker. His role models are practitioners who have come up with some rather strange theories that don't have a lot of science to back them up. And when you get to the second part of the book, there are numerous references to his website. When you go there for more information, you end up finding ways to purchase his formulas instead of how you can do it yourself. Therefore, it's hard not to come away from the book wondering if it was really a large sales push... Yeah, I'm a cynic... :) If you were willing to completely change the way you live and eat to follow this program, I don't doubt that

you'd see real changes. And I also believe that there have been some "miracle cures" by people who have done this. But if the typical person can't follow a simple diet program, I doubt that they're going to be able to commit the time and effort needed to do something like this. Only the truly desperate would be willing to make these types of radical changes. Of course, if we were closer to his program in the first place, they wouldn't *be* so radical now, would they?

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