

## Introduction

*“Let food be your medicine and medicine your food.”*  
— Hippocrates

Most health care practitioners would agree with Hippocrates’ admonishment to use food as medicine, at least in theory. However, to put Hippocrates’ principle into practice is not as easy as it might seem; and is probably more challenging today than it was in ancient Greece. That is why I have written the present book.

As you might guess from the title, this book could be described as the sequel to *What Should I Eat, Book 1* which is about healthy eating in general. *Book 2* uses the same core principles described in *Book 1* and applies them to help prevent and possibly reverse the health issues associated with modern living. However, you need not read *Book 1* in order to apply *Book 2*, because the latter provides a review of the fundamentals in *Book 1*.

### **The Doctor as Teacher**

Hippocrates’ principle about the use of food to restore health implies that he did not merely treat his patients and then send them home with a bag of herbs or potions. His view of the role of the physician included *teaching* patients how to restore and maintain health. This might be why practitioners who followed in Hippocrates footsteps came to be known as “doctors.” The original meaning of this word translates into “teacher.”

Over the centuries, the role of physicians as teachers of health has become increasingly marginalized. The typical “successful” doctor of today seems too busy to talk with his patients about restoring and maintaining health.

Fortunately, the general public is awakening to the realization that health does not come from the medicine cabinet, nor from the physician who is too busy to teach patients how to restore and maintain health.

More and more health-conscious individuals are seeking health care providers who understand that the word “doctor” means teacher. Such awareness is creating a demand for physicians who would follow in the footsteps of Hippocrates.

Granted, there is a legitimate place for the methods used by conventional Western medicine today. Western medicine is superb at saving a person’s life during a crisis. However, many of these crises are preventable. Even when someone does get seriously ill, recovery can often be greatly facilitated by having the person make nutritional and lifestyle adjustments. Many of these nutritional measures are quite simple and are described throughout this book.

See the book on Amazon:

<https://www.amazon.com/What-Should-Eat-Book-Medicine/dp/1717387632>