

## Readers' Comments

"Dr. Scarfalloto is a brilliant leader in the field of nutrition. This book will become your most trusted nutritional reference. It is excellent, thorough, cutting-edge and has an unusually valuable bibliography." ~ Doris Helge, Ph.D. Author of *Transforming Pain into Power* and other works.

"Once again, Dr. Scarfalloto has taken complex ideas and conflicted beliefs about food and transformed them into easily understood and useful concepts. This book beautifully illustrates how one's food choices can either enhance or degrade one's health. I have been in the health field for over forty years, during which I have been studying and writing about nutrition — and this book has still been an eye opener, compelling me to take a fresh look at some established ideas about food and nutrition." ~ Howard L. Silverman, Ph.D., D.C.

*"What Should I Eat? Book 2 — Food as Medicine* takes a unique and refreshing look at food and health. Here, readers will find nothing preachy or stale. It is ideal for health-seeking individuals and clinicians alike. A huge part of its appeal is that it avoids the pitfalls of 'one size fits all' thinking. Dr. Scarfalloto is mindful of physiological diversity and personal nutritional needs. The appendices alone are worth the price of this book. This is the sort of book you can return to again and again to find answers to your nutritional questions." ~Vista K. McCroskey, Ph.D., CHHC

"I really enjoyed this book. The author's writing style is easy to follow, his explanations are clear, and his sense of humor, delightful. Thank you, Dr Scarfalloto." ~ Marilyn Bradley LMT

*"What Should I Eat Book 2* is a must for those who want to use food to prevent or reverse illness. I would especially recommend it for the person caregiving for an ADD, ADHD, or a neurologically ill individual." ~ Sara Ann Butler, CCC/SLP voice coach.

"This book is so good! Unlike many nutritional books on the market, this one clearly presents the science behind the various food choices. Using Dr. Scarfalloto's suggestions, I have lost weight

at a rate that is perfect for me. I expect this book will continue to serve me well as I pursue the long distance running that I love.” ~ Sasha Snyder, MA, MLIS

I love this book! I feel it can provide new hope for individuals with health challenges, as it did for me. One of my favorite features is the inclusion of framed “sound-bites” which encapsulate the central idea of the preceding section. I am using this organizational aid to guide me in my use of food. Another feature I appreciate is that you can use this book on several levels: you can use it as a reference book to quickly look up information or read it more thoroughly for deeper understanding. In addition to providing practical information on nutrition and health, I feel that this book can touch the reader on emotional and spiritual levels. This is the sort of book that you can read over and over again, and each time it will bring new insights. ~ Rev. Judith Steinman

“Expanding on *What Should I Eat? Book 1*, this book shows us how food and diets can cause, prevent, or reverse specific illnesses. As in *Book 1*, the author is not one sided. He helps us discover which foods and diets would work best for our personal health needs. This is a great book for someone starting their journey to good health or for someone looking to bring together the jumble of diet ideas that are out there.” ~ Jeremy Taylor, BA, LMT, NMT

“This book may save your life. It offers a real-world antidote to the public health crisis caused by mass-consumption of processed and denatured food. The chapter on cancer alone is worth the price of the book. Thoughtful and brilliantly researched, this book is an absorbing read, combining clear and concise physiology, up-to-date nutritional science, and what seems to me to be an intuitive understanding of food, health, and disease. With all its strong points, its most striking gift is the simplicity it advocates: a pharmacopeia at everyone's disposal — whole, unprocessed foods at the local farmer's market.” ~ Deborah Dewberry, M.A., journalist.

See book on Amazon:

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