

Have We Lost the War on Disease

Rancho Santa Fe, CA- Next time you take a bite of a fruit or vegetable, take a good look at its shape. You'll notice that a sliced carrot looks like the eye (pupil, iris and all), and a walnut looks like the brain. Did you know that tomato is red and has four chambers just like the heart? Celery looks like a bone. Ever wonder why we call them Kidney beans? Today's nutritional science has confirmed that food patterns actually target "look alike" anatomical sites for maintenance, healing and repair.

According to nutrition authority Don Tolman, author of the *Farmacist Desk Reference: Encyclopedia of Whole Food Medicine* (www.TheFDR.com), "Our bodies are designed upon the same mathematical geometries of plant whole foods. There is not a single organ, anatomical structure or physiological function that doesn't have its color, texture, form and function replicated in a plant whole food."

Tolman's extensive two-volume set of hardbound books is a compendium of how to use plant whole foods as preventative and remissive medicine. The set serves up 1,600 illustrated pages of information about getting healthy, staying healthy, eating right and understanding food and its effect on the body.

Tolman says the FDR™ "... contains whole food wisdom from the Ancient Egyptians, Greeks, Romans, Hebrews, Chinese, Native Americans, Incas and others who maintained high vitality and longevity using plant produced whole food. The FDR™ shares information from the children and grandchildren of yesterday's folk healers, people who grew up on the farm, and in the country, and who knew that whole foods can get you healthy and keep you healthy."

Natural whole foods are becoming more popular in restaurants and supermarkets across the country as more Americans recognize that their ancestors had some first-class ideas about the effect of whole foods on the whole body. Tolman points out that, "There were once entire populations that flourished in states of robust good health and virtual absence of disease. The evidence is compelling that our Paleolithic ancestors subsisted mainly on wild plant foods as tender leaves and stems, roots, fruits and nuts, and the more common cereal grasses "

Science shows that they typically enjoyed remarkable freedom from degenerative disorders. The foods eaten by healthy peoples of the past were organic, whole, fresh and completely natural.

However, Tolman says, "With the eventual introduction, centuries later, of highly processed foods, the incidence of disease rose. The healthcare system came to accept degenerative diseases as inevitable and the medical treatment of symptoms as the normal response to this grim reality."

For the first 5,000 years of civilization, humans relied on foods and herbs for medicine. Only in the past 50 years have we forgotten our medicinal "roots" in favor of patent medicines. Tolman adds, "We should not forget the well-documented, non-toxic and inexpensive healing properties of whole foods."

Visit www.TheFDR.com for more information.

About the Author

Don Tolman is an author, public speaker, trainer, imaginalist, entertainer and experimental nutritional-eating researcher. He has written multiple books on a variety of skill-specific mental functions and self-improvement topics. He has been a coach and mentor for key personnel with Xerox, General Motors, and Pitney Bowes corporations.

Tolman has spoken to more than 1,000 audiences in all 50 states and in 7 foreign countries. His media credits include more than 50 radio and TV talk show appearances per year. He has been a return guest on Entertainment Tonight, ABC Talk Radio, the Donahue Show, and he's a regular guest on The Aware Show in Los Angeles, California, as well as many newspapers and magazines.

His in-depth research and experimentation have led to many breakthroughs in nutrition. He has studied nutritional fasting for the purposes of understanding mental performance. In this regard, he went 90 days strictly on watermelon, sunshine and air, and 63 days on fresh-squeezed juices. Three times now, Tolman has fasted strictly on spring water for 40 days. In the fall of 1995, after 40 days on water alone, he drank one quart of fresh-squeezed grape juice and then ran a 26-mile marathon.

Tolman hopes to educate the masses about the benefits of eating whole foods. Don Tolman's website can be found at www.TheFDR.com