



HappyStomach Cookbook for Diabetics: Food Is Our Highest Medicine

Jan London

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Jan believes that if your food tastes good then change is not a hardship; it is a joy. She is certain you will love her diverse selection of over 130 world cuisine, vegan recipes. They are easy to prepare and taste divine. Above all, they are medicinal. This key point underscores the essence of her book. To fully understand this concept, Jan's recipes include the Dash of Wisdom, or the Eastern approach to nutrition. In contrast to the West's Nutritional Facts, the Dash of Wisdom explains the medicinal qualities of each ingredient and its beneficial effects on all our bodily systems and our emotional behavior. Its message is enlightening. Jan's experience is that once you understand the true value of our plant foods—wisdom, not emotion, will guide your choice of foods. This is the first step in the healing process. Jan invites you to the “Look Inside” feature to view Dash of Wisdom recipes and the Recipe Locator list as well as excerpts of thought provoking science-based information. Also included is the Index section, a most valuable resource tool where you can cross-reference specific foods and their healing attributes to specific illnesses or conditions. The introduction to this book, Autobiography of a Diabetic, tells the story of Jan's former life as a diabetic and the path that led to her recovery. The illnesses she had once had may echo a familiar sound while her life-changing story may help guide you on your path to recovery. Jan wishes you all a happy stomach and a happy life!

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