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## Plant foods reverse chronic diseases

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**F**ood is medicine, and this has been shown from antiquity. Thousands of lives were lost to scurvy due to lack of application of this theory proposed by the father of modern medicine Hippocrates. People eat for pleasure, others for survival while to researchers and clinician's food is medicine.

Traditionally, scientists have classified food into proteins, carbohydrates, fats and oils, minerals, vitamin, fibre and water. Human beings derive materials they need to build and maintain the body through the use of food. Scientists have now caught up with the knowledge of the curative and preventive properties in food. With the discovery of phytochemicals in plant based food and their professional application, nutritional therapy is making in human health. Plant based food is preferred to diet based on flesh meats. In recent years nutritional science have investigated the effect diet has on the prevention and treatment of cardiovascular disease, diabetes, obesity and cancer. It has been confirmed that animal products have substances that cause diseases. Population and clinical studies have shown that the abundant use of fruits and vegetables prevent the initiation of certain cancers. Seventh-day Adventist in Loma Linda, California, Okinawans in Japan, the Hunza tribesmen of Pakistan, the people of Sardinia Italy etc., who are largely free from the diseases of affluence are largely plant based eaters. Beginning in the 1970s Nathan Pritikin and associates were able to reverse many hitherto incurable diseases by changing people's diet from meat to plant based. Prof. T Collin

Campbell and his team have scientifically demonstrated that diet can cause and reverse cancer. Many progressive allopathic physicians are now switching from complete drug therapy to diet and exercise programme and are seeing incredible healing that are only short of miracle. My presentation will show clinical evidence of what plant based diet can achieve in preventing and reversal of chronic diseases. Indeed, as Thomas Edison rightly said, "the doctor of the future will prescribe no medicine but will interest his patients in diet and prevention of disease".

### **Biography**

Benjamin Dwumaa Nuako is currently working at Pacific Health Education Centre, USA. His research interests are chronic diseases, human health, obesity and diet.

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