

YOU Are In Charge

Whenever a television is on, Americans are bombarded with drug commercials droning, “For every ill, there is a pill.” This book provides well-documented information demonstrating that often improving health naturally with diet and lifestyle modification provides a better solution. You must take charge and empower yourself by learning how to truly improve your health.

In this book you will discover:

- How to make medical decisions wisely and which treatments to avoid or use with utmost care
- How to help yourself or prevent disease using safe natural methods for
 - Cancer
 - Weight loss without hunger or deprivation
 - Diabetes and heart disease which can be improved by weight loss
 - Allergies and asthma
 - Candidiasis
 - Inflammatory bowel disease, irritable bowel syndrome, GERD and other digestive woes
 - Low energy, with or without thyroid issues... and more.

Inside you will also find:

- 157 recipes, 95% of which individuals who must avoid gluten or food allergens can have and which also will be enjoyed by those without dietary constraints
- Information on how to deal with food preparation when time and strength are lacking
- An extensive 24-page “Sources” section which will help you find prepared foods that fit your diet and other special foods, products, services and information.

This book is a “must-read” for anyone who wants to achieve good health. In this book, as in every one of her other books, Nickie provides exceptionally useful material. *Healing Basics* is THE BEST key to navigating the complex world of nutritional advice.

Kathy Gibbons, Ph.D.
CEO of Healthy Actions, Inc.
Centennial, Colorado

This book is an excellent summary of what we all should know.

W. A. Shrader, Jr. M.D.
Santa Fe Center for Allergy and
Environmental Medicine

Nicolette M. Dumke has a new depth of health wisdom as a cancer survivor. She has been cooking for special diets for over 40 years and holds B.S. degrees in microbiology and medical technology. Her books include *Food Allergy and Gluten-Free Weight Loss*, *The Ultimate Food Allergy Cookbook and Survival Guide*, *Gluten-Free Without Rice*, *Allergy and Celiac Diets With Ease* and more.

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