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The Empty Medicine Cabinet: The Pharmacist's Guide to the Hidden Danger of Drugs and the Healing Powers of Food

Dustin Rudolph

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While pharmaceutical companies rake in billions, the health of a nation continues to decline rapidly, leaving patients and physicians searching for answers in all the wrong places. The Empty Medicine Cabinet: The Pharmacist's Guide to the Hidden Danger of Drugs and the Healing Powers of Food wastes no time in explaining why this is so, offering solutions that target the cause of disease rather than the symptoms of poor health.

Like most healthcare professionals, Dustin Rudolph, PharmD, entered the field of medicine with one goal in mind—to help his patients get healthy. As a pharmacist, Rudolph believed the best way to accomplish this was through pills, procedures, and surgeries. Boy, was he wrong! His story, life experiences, and professional expertise serve as the foundation for this book.

The business model of a profit-based healthcare system is exposed, resulting in a steady stream of chronically sick, lifelong customers. The book offers a cost-free, side-effect-free solution rooted in the discipline of lifestyle medicine and plant-based nutrition. Backed by an array of scientific studies, readers hear the truth in The Empty Medicine Cabinet.

Heart disease, type 2 diabetes, cancer, obesity, autoimmune diseases, and much more are discussed at length in part one. Part two presents the facts on using food as medicine. Many long-held beliefs in nutrition and health are called into question, answered emphatically and factually in simple, easy-to-understand layman's terms of the complex science behind it all. A surprising, yet accurate, review of the scientific literature is also undertaken on many popular, over-the-counter supplements taken by many in today's society.

With a total of 50 mouthwatering, flavor-filled recipes included, The Empty Medicine Cabinet is one prescription you don't want to miss out on! It delivers the answers you've been looking for and the results to back it up.

Be prepared to…

Spend less time in the doctor's office

Avoid long lines at the pharmacy

Reduce or eliminate your need for medications

Have more time and energy to spend with family and friends

Secure a better future for yourself for years to come

What the experts are saying about The Empty Medicine Cabinet...

"This wonderful book shows you that the most powerful medicines are on your plate. The foods you eat every day have the power to prevent illness and to even reverse it. This book will be your guide to unlocking

this power. And all the “side effects” are good ones: Easy weight loss, lower cholesterol, and a longer life.”

—Neal Barnard, MD, President of Physicians Committee for Responsible Medicine and Author of Power Foods for the Brain

“Do you want to take charge of your health? Read this outstanding book and learn how to take advantage of the enormous healing powers of excellent nutrition. Your body will thank you for the rest of your life.”

—John Robbins, President of The Food Revolution Network and Author of Diet for a New America

“Dustin Rudolph provides an empowering exploration of pharm versus food from the unique perspective of a Doctor of Pharmacy, and an expert in nutrition and lifestyle medicine. Informative, inspiring, and insightful, The Empty Medicine Cabinet is a must-read.”

—Brenda Davis, RD, Author of Becoming Vegan

“Instead of being a pharmacist pushing pills, Dustin is a “farm assist” pushing plants. Most people are illiterate when it comes to the power of a whole foods, plant-based diet to prevent, halt, and even reverse the majority of chronic Western disease. Read this compellingly clear and concise book from a perspective we’ve never seen before and become literate and take back your health!”

—Rip Esselstyn, Author of The Engine 2 Diet

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Gregory Goolsby:

People live in this new moment of lifestyle always attempt to and must have the extra time or they will get lots of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely indeed. People is human not really a huge robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading guides. It can be your alternative with spending your spare time, the book you have read is The Empty Medicine Cabinet: The Pharmacist's Guide to the Hidden Danger of Drugs and the Healing Powers of Food.

Arlene Wilson:

In this time globalization it is important to someone to acquire information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information better to share. You can find a lot of referrals to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher this print many kinds of book. The book that recommended to you is The Empty Medicine Cabinet: The Pharmacist's Guide to the Hidden Danger of Drugs and the Healing Powers of Food this book consist a lot of the information with the condition of this world now. This particular book was represented so why is the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The particular writer made some investigation when he makes this book. Here is why this book suitable all of you.

Clarence Anderson:

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