

[PDF] Sugars That Heal: The New Healing Science Of Glyconutrients

Emil I. Mondoa, Mindy Kitei - pdf download free book

Books Details:

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Author: Emil I. Mondoa, Mindy Kitei

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Description:

It isn't often that you find the words *sugar* and *heal* together when discussing health matters, but Dr. Emil Mondoa is working hard to change that. As founder of the Glyconutrients Research Foundation and author (along with Mindy Kitei) of *Sugars That Heal*, he has found that the addition of essential sugars to your diet can affect everything from the immune system to cholesterol levels. But this doesn't mean you should start heaping table sugar on every meal! Rather, Mondoa proposes that through the use of a few simple supplements, you may be able to fight off colds, lower your blood pressure, or simply have more energy.

Mondoa is cautious when mixing research with anecdote and praise. While some people benefit

tremendously from supplements, he points out that "many supplements aren't well absorbed or assimilated and are of doubtful efficacy." He later goes on to recommend consultations with your health care provider before beginning any of his specific regimens. The sources for these sugar-based supplements vary from shellfish to mushrooms, onions, and bovine tracheal cartilage, and he cautions against using the supplements without checking the ingredients, as those with allergies can experience serious reactions. Mondoa does include a few simple recipes for mushroom tea and vegetable sauce, but most of the glyconutrients are added to your diet through pills, powders, or tinctures; contact information for supplement sources is found at the end of the book. Specific chapters on the immune system, diabetes, chronic fatigue syndrome, and cancers detail the exact combinations of sugars most likely to heal.

Are we looking at a source of new "miracle" cures here? Perhaps. But Mondoa, in his role as intelligent advocate, would be the first to preach caution and patience along with hope. --*Jill Lightner*

Review "Dr. Mondoa has made an important contribution to our discovery of how Nature aids in the healing process."

--Gary Null

Author of *Gary Null's Ultimate Anti-Aging Program*

"Wow . . . What an absolutely fantastic breakthrough. Every once in awhile a book like this is published. *Sugars That Heal* will change your life."

--Dharma Singh Khalsa, M.D.

Author of *Brain Longevity* and *Meditation As Medicine*

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