



Food Is the Earth's Most Potent Medicine

Kara Kroeger

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In this interview, Kara Kroeger describes how she traveled to Central America in her late teens, and discovered her life's passion of herbs, food, and nutrition. As she learned from Central American healers who treated both the psycho-spiritual body and physical body, she became aware of why more people are experiencing food allergies and sensitivities.

Kara shares specific information with us, including: what are nutrient-rich foods, how to test for food allergies, the upside and downside of eating meat in our diets, and what gluten is and how it affects our bodies. She also describes how any weight-loss plan needs to include a sustainable food plan.

Kara Kroeger is a certified nutritionist and herbalist, nutritionist graduate of American Health Sciences University and the Rocky Mountain Center of Botanical Studies. She is an instructor of nutrition and cooking foods to heal specific ailments at the Natural Epicurean Academy of Culinary Arts, and offers nutritional consultations. She's the author of *The Healthy Weight Eating Program and Cookbook* (Kara Kroeger 2011).

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