

WHY NUTRITION MATTERS

PALLAV MEHTA, M.D.
ASSISTANT PROFESSOR OF MEDICINE
DIRECTOR OF INTEGRATIVE ONCOLOGY
MD ANDERSON CANCER CENTER @ COOPER

- ◎ *“Let food be thy medicine”*
 - Hippocrates c.400 BC
- ◎ *“The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition”*
 - Thomas Edison c.1860
- ◎ *“Mmmmm....Bacon.”*
 - Homer Simpson c.2005



A Disease of Civilization



Fat free, Sugar free, Low carb,
Low calorie, Gluten free, Antibiotic
and Hormone free, Organic, non
GMO, Free range, Grass-fed,....



Eat A Plant Based Diet

- “Four food groups” of a plant based diet

WHOLE
GRAINS



NUTS,
SEEDS,
LEGUMES

VEGETABLES

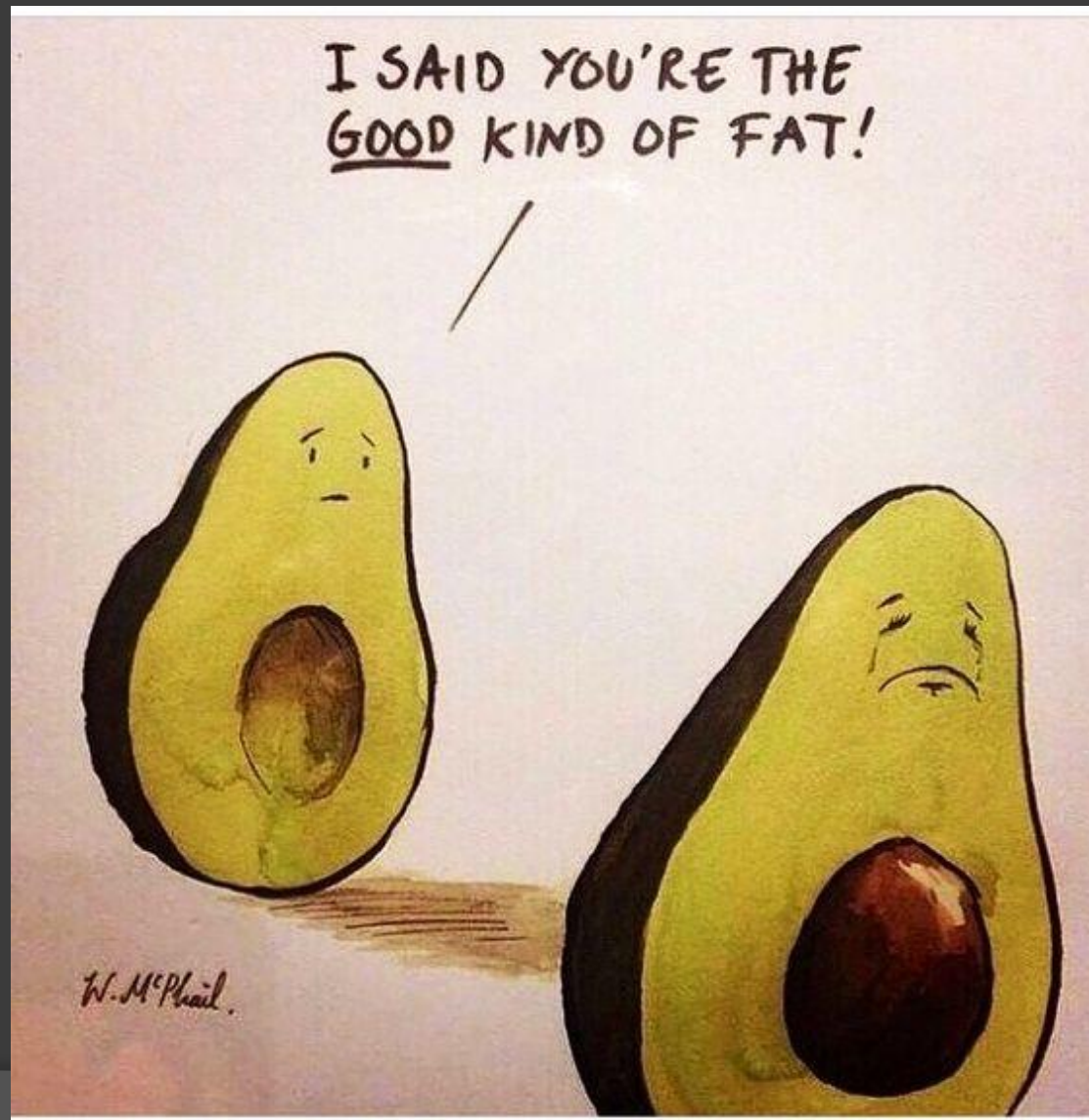


FRUITS

Minimize Refined Sugars



Eat Healthy Fats



Minimize Red/Processed Meats



Drink Less and Don't Smoke



Word About Supplements

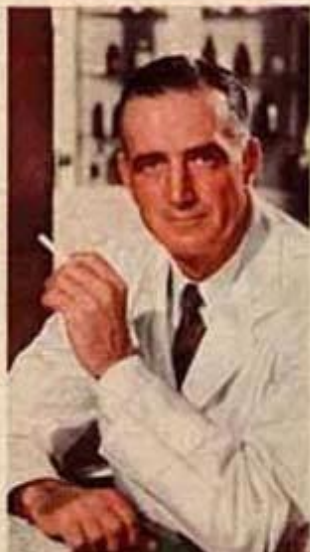


Physical Activity



According to repeated nationwide surveys,

**More Doctors
Smoke **CAMELS**
than any other
cigarette!**



**THEY'RE HAPPY
Because they eat
LARD**



www.StrangeCosmos.com

Issued by the Lard Information Council

How Mother and Baby "Picked Up"

A case of Blatz Beer in your home means much to the young mother, and obviously baby participates in its benefits.

The malt in the beer supplies nourishing qualities that are essential at this time and the hops act as an appetizing, stimulating tonic.

Main 2400



BLATZ

MILWAUKEE

Always the same good old *Blatz*

Thank You!

Pallav Mehta, M.D.

MD Anderson Cancer Center @ Cooper

2 Cooper Plaza

Camden, NJ 08103

Mehta-Pallav@CooperHealth.Edu