
Walter Kempner *and the* Rice Diet

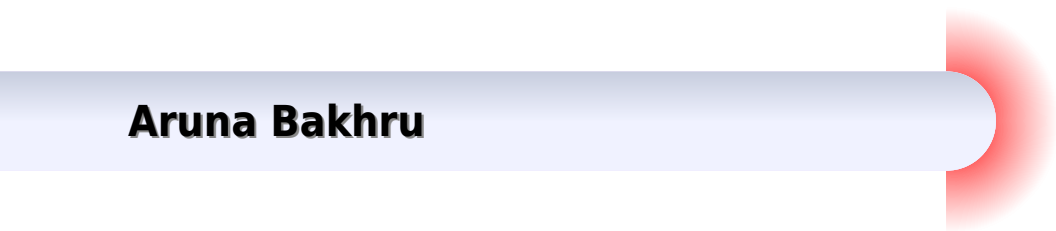


Challenging Conventional Wisdom

Barbara Newborg *with* Florence Nash

Walter Kempner And The Rice Diet Challenging Conventional Wisdom

Aruna Bakhru



Walter Kempner And The Rice Diet Challenging Conventional Wisdom:

Walter Kempner and the Rice Diet Barbara Newborg, 2011 In 1934 a brilliant young scientist Walter Kempner 1903 1997 was brought as a refugee from Nazi Germany to join the faculty of Duke Hospital's department of medicine The first AMA presentation in 1944 of his unconventional research in the origins and treatment of metabolic diseases provoked wide attention and considerable controversy but the results of his strict diet regimen were undeniable Patients flocking to Durham for the famous Rice Diet found their diabetes kidney and cardiovascular diseases once considered fatal cured or greatly improved The headline grabbing success of Dr Kempner's diet contributed significantly over the years to Durham's economic growth and Duke's transformation into a world famous center for medical research and care From his arrival at Duke Kempner worked to help friends get out of Germany For several who had been scholars in pre war Germany he found positions here They and a few others associated with the Rice Diet became a close knit community in exile around the central figure of Dr Kempner One author Barbara Newborg worked with him for 40 years much of that time as his chief medical associate This first hand account of Kempner's life and of his work comprises two dramatic interrelated narratives The story of a charismatic but always controversial personality and his circle of accomplished followers and their wartime experience as refugees and exiles will interest general readers including thousands of Ricers For medical professionals and scholars the book documents historic research that elucidated underlying principles of kidney diabetic and cardiovascular disorders and their successful treatment without drugs The book includes many rare personal photographs which Kempner suppressed during his life and clinical images including graphs x rays eye grounds and photos [The Gluten Lie](#) Alan

Levinovitz, 2015-04-21 An incendiary work of science journalism debunking the myths that dominate the American diet and showing readers how to stop feeling guilty and start loving their food again sure to ignite controversy over our obsession with what it means to eat right FREE YOURSELF FROM ANXIETY ABOUT WHAT YOU EAT Gluten Salt Sugar Fat These are the villains of the American diet or so a host of doctors and nutritionists would have you believe But the science is far from settled and we are racing to eliminate wheat and corn syrup from our diets because we've been lied to The truth is that almost all of us can put the buns back on our burgers and be just fine Remember when butter was the enemy Now it's good for you You may have lived through times when the Atkins Diet was good then bad then good again you may have wondered why all your friends cut down on salt or went Paleo and you might even be thinking about cutting out wheat products from your own diet For readers suffering from dietary whiplash *The Gluten Lie* is the answer Scientists and physicians know shockingly little about proper nutrition that they didn't know a thousand years ago even though Americans spend billions of dollars and countless hours obsessing over eating right In this groundbreaking work Alan Levinovitz takes on bestselling physicians and dietitians exposing the myths behind how we come to believe which foods are good and which are bad and pointing the way to a truly healthful life free from anxiety about what we eat *Nutrition and Integrative Medicine* Aruna

Bakhr,2018-08-06 While medical professionals continue to practice traditional allopathic medicine the public has turned toward nutritional and integrative medical therapies especially for addressing the proliferation of chronic diseases Written by leaders in the academic and scientific world Nutrition and Integrative Medicine A Primer for Clinicians presents various modalities to help restore health This book provides users with a guide to evaluating and recommending nutritional and integrative therapies The book offers insights on the microbiome of the human body examines the relationship of human health to the microbiome of the food we ingest and introduces the concept of food as information It provides enlightenment on anti aging and healing modalities mind body medicine and an investigation of psychological trauma as related to disease causation Integrative therapies including water light and sound therapy are explored and information on healing chronic disease through nutrition the tooth body connection the role of toxins in disease causation and electromagnetic field hypersensitivity as well as its management is presented

Health Freaks Travis A. Weisse,2024-09-03 Travis A Weisse tells a new history of modern diets in America that goes beyond the familiar narrative of the nation s collective failure to lose weight By exploring how the popularity of diets grew alongside patients frustrations with the limitations and failures of the American healthcare system in the face of chronic disease Weisse argues that millions of Americans sought fad diets such as the notorious Atkins program which ushered in the low carbohydrate craze to wrest control of their health from pessimistic doctors and lifelong pharmaceutical regimens Drawing on novel archival sources and a wide variety of popular media Weisse shows the lengths to which twentieth century American dieters went to heal themselves outside the borders of orthodox medicine and the subsequent political and scientific backlash they received Through colorful profiles of the leaders of four major diet movements Health Freaks demonstrates that these diet gurus weren t shady snake oil salesmen preying on the vulnerable rather they were vocal champions for millions of frustrated Americans seeking longer healthier lives

The North Carolina Historical Review ,2012 Stefan George und sein Kreis Achim Aurnhammer,Wolfgang Braungart,Stefan Breuer,Ute Oelmann,2015-11-13 Das Handbuch stellt Leben und Werk Stefan Georges umfassend dar und behandelt die internen Vernetzungen seines Kreises sowie seine externe Rezeption Erstmals liegt damit ein verlässliches Kompendium für die wissenschaftliche Auseinandersetzung mit Stefan George und seinem Kreis vor Die Forschung wird kritisch gesichtet und Desiderate werden markiert die bibliographischen Grundlagen werden neu gesichert und zahlreiche Rezeptionszeugnisse erstmals ausgewertet Dem Wirken Georges und seines Kreises das in vielfältige Bereiche des geistig kulturellen wissenschaftlichen und politischen Lebens ausstrahlte entspricht das interdisziplinäre und diskursgeschichtlich orientierte Konzept des Handbuchs das Literatur und Sozialwissenschaft Politologie und Geschichte ebenso einschließt wie Kunst und Wissenschaftsgeschichte Das Handbuch umfasst vier Teile Der erste Teil ist Georges Werk und seinem Kreis gewidmet der zweite behandelt systematische Aspekte wie Traditionsverhalten oder Zeitkritik und Politik der dritte erschließt die Wirkung des George Kreises der vierte bietet anhand von 158 Personenartikeln erstmals eine vollständige Kartierung der Personen B

nde und Kreise um George In die zweite Auflage sind kleinere Korrekturen und Ergänzungen eingearbeitet worden

Scientific Publications by Walter Kempner, MD: Radical dietary treatment of vascular and metabolic disorders

Walter Kempner, 2002

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