



Dr. Cass Ingram

is a nutritional physician who received a B.S. in biology and chemistry from the University of Northern Iowa (1979) and a D.O. from the University of Osteopathic Medicine and Health Sciences in Des Moines. IA (1984).

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Dr. Ingram has since written over 25 books on natural healing. He has given answers and hope to millions through lectures on thousands of radio/TV shows. His research and writing have led to countless cures and discoveries. Dr. Cass Ingram presents 100's of health tips and insights in his many books on health, nutrition, and disease prevention. Dr. Ingram is one of North America's leading experts on the health benefits and disease fighting properties of wild medicinal spice extracts. A popular media personality, he has appeared on over 5.000 radio and TV shows. He now travels the world promoting perfect health – the natural way.

Cass Ingram, D.O., is the author of 30 books, including How to Eat Right and Live Longer, The Cure is in the Cupboard, and the Cannabis Cure. An expert in osteopathic the principles and practice of osteopathy this is his first book on the manipulative therapy and its impact on human structure and function.



