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John La Puma, ChefMD and author of ChefMD s Big Book of Culinary Medicine, shares 15 secrets to eating healthier. 1. Eat watermelon at room temperature, not chilled.

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Dr Oz invited Dr. John La Puma on the show to talk about culinary medicine, his new book ChefMD's Big Book of Culinary Medicine & the 4 best cancer fighters

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A New York Times best selling author twice with books translated into 8 languages, Dr. John La Puma s diet and cookbooks inspire people to live better, look

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