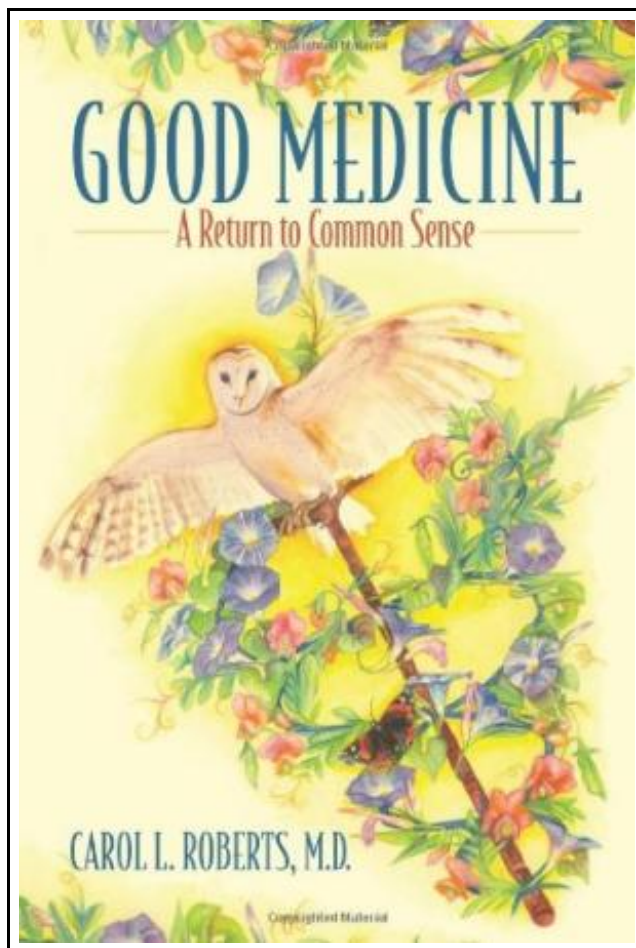


Good Medicine: A Return to Common Sense



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GOOD MEDICINE: A RETURN TO COMMON SENSE



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Mercurius Press, United States, 2009. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.Attain a Healthier You-Naturally-With this Breakthrough and Doctor-Proven Guide Filled with the latest thinking on traditional, holistic and alternative care, Good Medicine: A Return to Common Sense represents a sea change in approaching illness and attaining optimal health. This authoritative and easy-to-understand book from renowned Dr. Carol L. Roberts offers a new perspective on how human beings are put together, integrating the physical body and the spirit within. Comprehensive chapters on nutrition, digestion, toxins, heart health and even sex make it easy to customize your own wellness plan. You ll learn: -How to break the habit of foods that can literally kill you, and replace them with nutrient-rich superfoods (it s easier than you think) -Why your digestive system is the gateway to optimal health, and how to give it a preventive tune-up -The man-made toxins that are causing millions to suffer from diseases like asthma and liver damage, and how to get them out of your life -Secrets to boosting energy and sexual performance that don t require an expensive prescription -Straight talk on vitamins-what works, why, and how much you should (or shouldn t) be taking -Why spirituality is as important as traditional medicine, and how to implement the right balance in your own wellness goals If you re tired of being sick, tired of taking expensive drugs-or just plain tired-this book will show you how to shape your well being with proven, practical techniques. If you want to get healthy, and thrive until the end of your life, read this. Dr. Carol L. Roberts is the finest among a new breed of doctors that look at your body as a system, and not as...



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