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Doctor's Guide to Surviving When Modern Medicine Fails: The Ultimate Natural Medicine Guide to Preventing Disease and Living Longer

By Scott A. Johnson

Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, Doctor's Guide to Surviving When Modern Medicine Fails: The Ultimate Natural Medicine Guide to Preventing Disease and Living Longer, Scott A. Johnson, Instead of running to the doctor every time you get sick, you can avoid the illness in the first place with the solutions offered in The Doctor's Guide to Surviving When Modern Medicine Fails. No matter your current state of health, these easy-to-follow steps will help you elevate your health and live a longer life. This book goes above the standard of healthy eating and exercise. Dr. Johnson tells you what to eat, how to employ proven dietary supplements as allies in your health, ways regularly cleanse your body of toxins and harmful chemicals to prevent common colds and diseases, and how to get the most out of physical activity, and more. The techniques outlined by Dr. Scott A. Johnson will create a bodily environment inhospitable to heart disease, cancer, diabetes, and more. Through the sensible approach in The Doctor's Guide to Surviving When Modern Medicine Fails, readers will discover how to take personal responsibility for their own health and that of their families. Once these practices are established, they'll...



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