

Prescription for Health (Paperback)

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Reviews

It is great and fantastic. Yes, it really is engage in, nevertheless an amazing and interesting literature. You can expect to like how the author write this pdf. (Roma Prohaska MD)

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PRESCRIPTION FOR HEALTH (PAPERBACK)



Faithful Life Publishers, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Americans are facing an unprecedented health and healthcare crisis. Chronic diseases such as Cancer, Diabetes, Hypertension, and Cardiovascular Disease are increasing at an alarming rate, despite decades of government programs to curb them. Thyroid, Adrenal, and Autoimmune Diseases are becoming epidemic. Two-thirds of our people are overweight or obese. Symptoms such as pain, fatigue, depression, anxiety, digestive problems, and mental fog are common complaints heard in doctor s offices and churches around the nation. Our government and the medical establishment have no answers for these problems-only symptom management. What are the causes of these disorders? Poor diet choices and lack of exercise do contribute. However, we are also living in a chemical soup of toxins and are being poisoned by our food, water, personal care products, and other environmental exposures- such as the interior of water damaged buildings. In his first book, Alan Gruning, DO challenges us to take ownership of our health and adopt an Anti-Inflammatory Lifestyle. We must change the way we eat and the products we use. We must detoxify our bodies and seek to live a more balanced life. There is a lot at stake for our families, churches, and nation. With years of practical experience treating a wide variety of very sick patients using a Functional Medicine approach, Dr. Gruning has developed a comprehensive plan to reduce your inflammation and improve your health. You can have more energy, lose weight, think more clearly and be able to fulfill the purpose the Lord has for you. Don t put it off any longer. Get started now! This is your Prescription for Health.

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