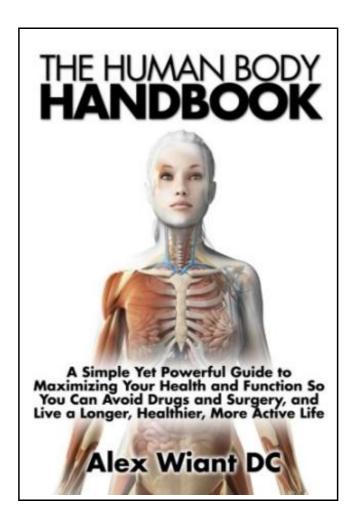
The Human Body Handbook: A Simple Yet Powerful Guide to Maximizing Your Health and Function So You Can Avoid Drugs and Surgery, and Live a Longer, Healthier, More Active Life (Paperback)



Filesize: 5.74 MB

### Reviews

Completely one of the better pdf I have got possibly go through. I really could comprehended every little thing using this composed e ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Torey Kreiger)

# THE HUMAN BODY HANDBOOK: A SIMPLE YET POWERFUL GUIDE TO MAXIMIZING YOUR HEALTH AND FUNCTION SO YOU CAN AVOID DRUGS AND SURGERY, AND LIVE A LONGER, HEALTHIER, MORE ACTIVE LIFE (PAPERBACK)



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Health in the US is in a sad state. We spend over \$9,000 per person per year, yet have the same life expectancy (79.8 years vs 79.4 years) as someone in Cuba, who only spends \$300 per year on health care. We are over doctored, over medicated and it is underwhelming. Preventable harm to patients, either through correct or incorrect medications, necessary or unnecessary surgery, diseases caught in the hospital, doctor error, etc is the third leading cause of death in the US, killing 400,000 people per year. According to Death By Medicine, if you record unreported deaths, the toll reaches 784,000, making modern medicine the number one killer in America. This is simply unacceptable. It s abundantly clear that instead of looking to and relying on drugs and surgery to keep us healthy, we should try to maintain our health and avoid emergency situations where medical intervention is necessary. People have been schooled very well to rely on a pill, and how to seek medicine through drug ads infiltrating our television commercials and magazines, but are very poorly instructed on how to take care of their bodies, which is exactly what this book is about. This book reveals exactly how to: Naturally boost your healing ability by reducing and eliminating stress Avoid joint pain and replacement surgeries by minimizing joint wear and tear Maintain your youth and vitality by keeping your muscles supple and youthful Reduce heart disease by maximizing heart and lung function Prevent diabetes and clogged arteries by eating the right kind of foods Live a longer, healthier, higher quality life by significantly lower your risk factors.

- Read The Human Body Handbook: A Simple Yet Powerful Guide to Maximizing Your Health and Function So You Can Avoid Drugs and Surgery, and Live a Longer, Healthier, More Active Life (Paperback) Online
- Download PDF The Human Body Handbook: A Simple Yet Powerful Guide to Maximizing Your Health and Function So You Can Avoid Drugs and Surgery, and Live a Longer, Healthier, More Active Life (Paperback)

## You May Also Like



# The Right Kind of Pride: A Chronicle of Character, Caregiving and Community (Paperback)

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. After 20 years of marriage author Christopher Cudworth and his...

Save ePub »



# The Voyagers Series - Europe: A New Multi-Media Adventure Book 1 (Paperback)

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching...

Save ePub »



#### No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do You Have NO Friends? Are you tired of not having any...

Save ePub »



## To Thine Own Self (Paperback)

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Carefree and self assured Carolyn loves her life. Her uncle runs...

Save ePub »



#### How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

Save ePub »



## Readers Clubhouse Set a a Truck Can Help (Paperback)

Barron s Educational Series, United States, 2006. Paperback. Book Condition: New. 229 x 145 mm. Language: English . Brand New Book. This is volume eight, Reading Level 1, in a comprehensive program (Reading Levels 1

Read ePub »



#### A Cathedral Courtship (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author

Read ePub »



# Tales of Knights for Kids: Eight Short Fairy Stories about Knights for Children (Paperback)

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Eight short stories about knights are selected from several books of fairy tales

Read ePub »



#### Plentyofpickles.com (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Interested in taking a peek into the world of internet dating? Then order

Read ePub »



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel's System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers (Paperback)

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This historic book may have numerous typos and missing text. Purchasers can download

Read ePub »