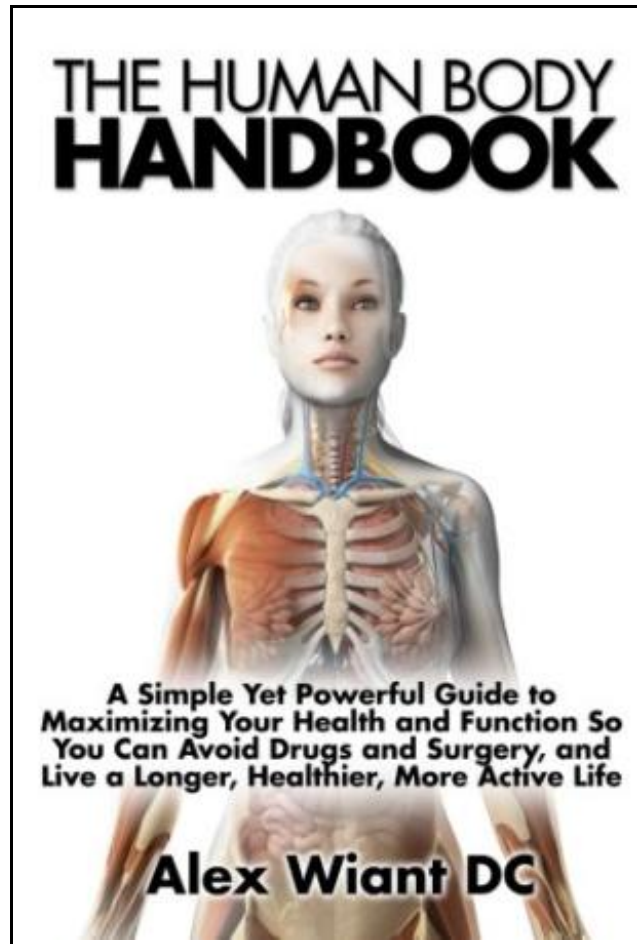


The Human Body Handbook: A Simple Yet Powerful Guide to Maximizing Your Health and Function So You Can Avoid Drugs and Surgery, and Live a Longer, Healthier, More Active Life (Paperback)



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Reviews

Completely essential read through publication. It normally does not expense excessive. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Morris Cruickshank)


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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.

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