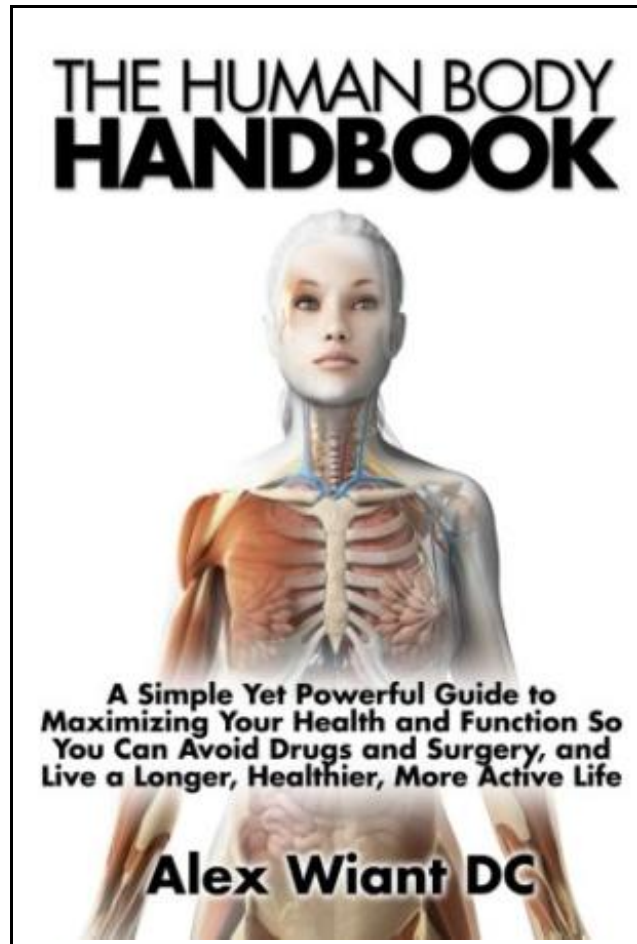


The Human Body Handbook: A Simple Yet Powerful Guide to Maximizing Your Health and Function So You Can Avoid Drugs and Surgery, and Live a Longer, Healthier, More Active Life (Paperback)



Filesize: 2.89 MB

Reviews


This publication will be worth purchasing. It really is written in simple terms instead of difficult to understand. It's been designed in an exceptionally simple way and is particularly only right after I finished reading this ebook in which basically modified me, alter the way I believe.


(Prof. Loyce Runolfsson Jr.)

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 \(Paperback\)](#)**

Other PDFs



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 Book »](#)



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 Book »](#)



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 Book »](#)



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 Book »](#)



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 Book »](#)



American Legends: The Life of Josephine Baker (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Includes pictures *Includes Josephine Baker's quotes about her life and career *Includes

[Read eBook »](#)



Marm Lisa (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 eBook »](#)



Valley Forge: The History and Legacy of the Most Famous Military Camp of the Revolutionary War (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Includes pictures *Includes accounts of Valley Forge written by Washington and other generals

[Read eBook »](#)



The Flag-Raising (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 eBook »](#)



Daycare Seen Through a Teacher's Eyes: A Guide for Teachers and Parents (Paperback)

America Star Books, United States, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Between the good mornings and the good nights it's what

[Read eBook »](#)