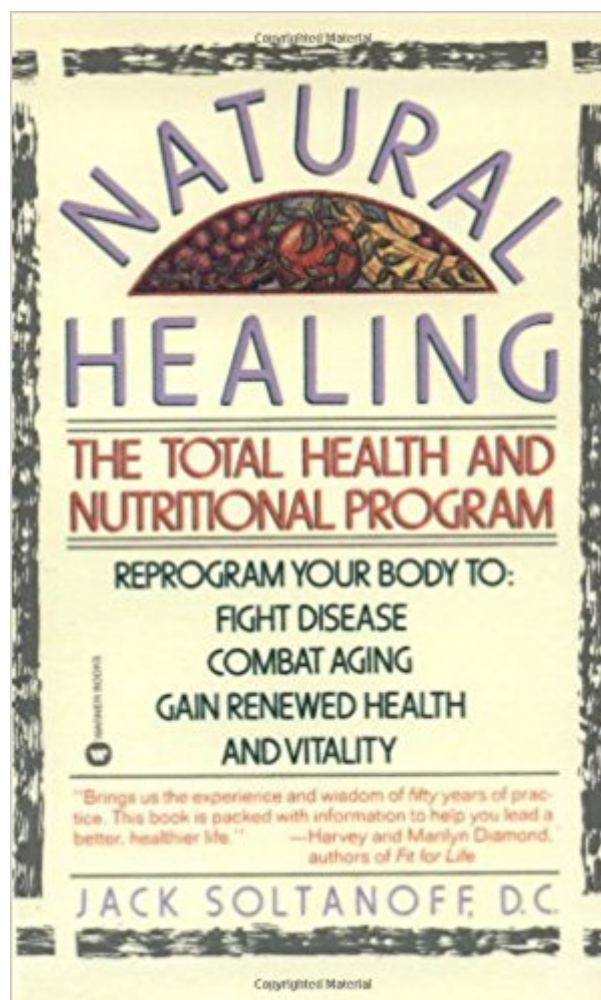


The book was found

Natural Healing: The Total Health And Nutritional Program Reprogram Your Body To Fight Disease, Combat Aging, Gain Renewed Health And Vitality





Synopsis

BE IN CHARGE OF YOUR HEALTH, FITNESS, AND VITALITY! Wouldn't you like to keep your body totally disease-free every day of your life? Dr. Jack Soltanoff, a Doctor of Chiropractic and internationally recognized authority on natural health, is living proof that it can be done. His unique, holistic health program, which exploits the body's own defense systems, has enhanced the lives of thousands of patients -- and helped Dr. Jack reach his seventies untroubled by illness, full of robust good health, and still practicing his healing arts full-time. Now, with the nature-based three-part healing process Dr. Soltanoff calls Biochemical Reprogramming, you can infuse new life into every part of your body with: -- Nutrition -- Overcome the excess acidity of the American diet by maintaining a healthful alkaline level, with the delicious and well-balanced Long-Life Diet-- Dry brushing -- Banish harmful toxins from your body, relieve stress, and contribute to healthier, younger-looking skin, with an invigorating, minutes-a-day skin-brushing technique based on time-tested acupuncture principles-- Exercise -- Boost your overall health through enjoyable exercise, special breathing techniques, and the secret of proper rest.

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Customer Reviews

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thousands of patients -- and helped Dr. Jack reach his seventies untroubled by illness, full of robust good health, and still practicing his healing arts full-time. Now, with the nature-based three-part healing process Dr. Soltanoff calls Biochemical Reprogramming, you can infuse new life into every part of your body with: -- Nutrition -- Overcome the excess acidity of the American diet by maintaining a healthful alkaline level, with the delicious and well-balanced Long-Life Diet-- Dry brushing -- Banish harmful toxins from your body, relieve stress, and contribute to healthier, younger-looking skin, with an invigorating, minutes-a-day skin-brushing technique based on time-tested acupuncture principles-- Exercise -- Boost your overall health through enjoyable exercise, special breathing techniques, and the secret of proper rest.

This book changed my life! Back in 1996 when I first read it - this was the first time I ever heard of Gluten - hardly unheard of at the time. As we know its been a household name - literally. I have read the book a few times in between and somehow misplaced it - am buying it back. Get on the right track

This book is a wealth of knowledge! This is going to be so helpful to myself and others I know...

This book came to me from a friend. I found a lot of useful ways to improve my life. I wanted to share the information with people I love. This book contains nuggets of wisdom to balance the body in ways that make sense and are easy to understand and execute. I would recommend it to anyone who is looking to improve the state of their body. I have ordered several from since they are a reliable source for getting books that are not readily available in a store.

This is my favorite health book!

I read this book in 1992 and was amazed by it. It is really well written and gets to the point - the standard American diet is a disaster. Excellent book that should be mandatory for all Americans.

Fine book, still a good read after all these years. Though I do find it amusing how it's aged. Some things that might have flared in the 80's don't anymore. I'm thinking, for example, of the good doctor's comments on the immune system of homosexuals, not to mention that false etymology in the second sentence of chapter one ("physician means teacher and educator in Greek"). I suppose Dr. Jack couldn't have predicted instant access to information though, like the Internet has granted. The

content, however, is marvelous. Like the poster above, I've suffered psoriatic arthritis, to the point of waking up in flexion during the middle of the night, in the worst pain of my life. But Dr. Jack's advice, coupled with a commitment to whole foods and a low inflammation diet, has not only relieved my arthritis but also dropped my bp about twenty/twelve points -- this, after about two months, and I feel fantastic. I recommend this book, absolutely, but best in coordination with a broader information base.

Suffering from psoriatic arthritis for five years and being on conventional arthritis treatment for two of those years still left me very symptomatic. I then read this book and it gave me SIMPLE instructions on how to specifically alter my diet to remove symptoms of the arthritis almost completely. Although the disease is still slowly progressing, I no longer suffer from the symptoms like I used to. It's still there, but to a degree that my quality of life is no longer held hostage by pain. This book showed me the cause/effect relationship that diet plays in chronic disease that NONE of my doctors understand.

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