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Dr. Blaylock's Prescriptions for Natural Health: 70 Remedies for Common Conditions

Russell L. Blaylock

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HEALTH SECRETS THAT CAN SAVE YOUR LIFE

Do you find your medical conditions don’t get better and prescription drugs don’t live up to expectations?

No matter how you feel right now, *Dr. Blaylock’s Prescriptions for Natural Health* will give you the lifeline you need. In this book you will discover the key diet and lifestyle factors you must embrace to achieve peak health and wellness—right now and in the years to come.

Dr. Blaylock reveals:

• Specific supplement recommendations for nearly any health issue you could face
• How to fight back against the diseases of aging with a simple anti-inflammatory diet
• Why you must avoid specific substances in your food that can damage your brain, heart, lungs, and other organs— especially if you are over 50
• How you can drink your daily veggies without messy juicing
• Safe and effective natural remedies for a full range of conditions including cancer, brain and heart disorders, diabetes, digestive illness, skin problems, pain, and prostate concerns

Natural health encompasses two equally important aspects: specific remedies for what currently ails you, and the diet and lifestyle factors that enable your body to avoid disease and premature aging. This book is designed to help you address both points. A health condition, whether temporary or chronic, is a warning sign from your body that things aren’t working the way they’re supposed to, and that changes need to be made. With Dr. Blaylock’s help, you will learn how to heal 70 health conditions, and identify and correct the underlying dietary and lifestyle habits that cause and perpetuate them.

The book discusses diagnosis and treatment of dozens of medical conditions plaguing men and women: cancer, skin problems, brain and heart diseases, prostate disorders, diabetes, and many more. In addition, Dr. Blaylock reveals how to relieve common troubles such as pain, ringing in the ears, constipation and other digestive issues, vision problems, mood disorders, and other ailments. You will also see how natural products are superior to many pharmaceutical drugs, and learn more about the exciting new field of hyperbaric oxygen therapy. Unfortunately, mainstream medicine does not encourage or support optimal health. If you truly want to maintain a healthy body far into the future, read and follow Dr. Blaylock’s advice today.

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