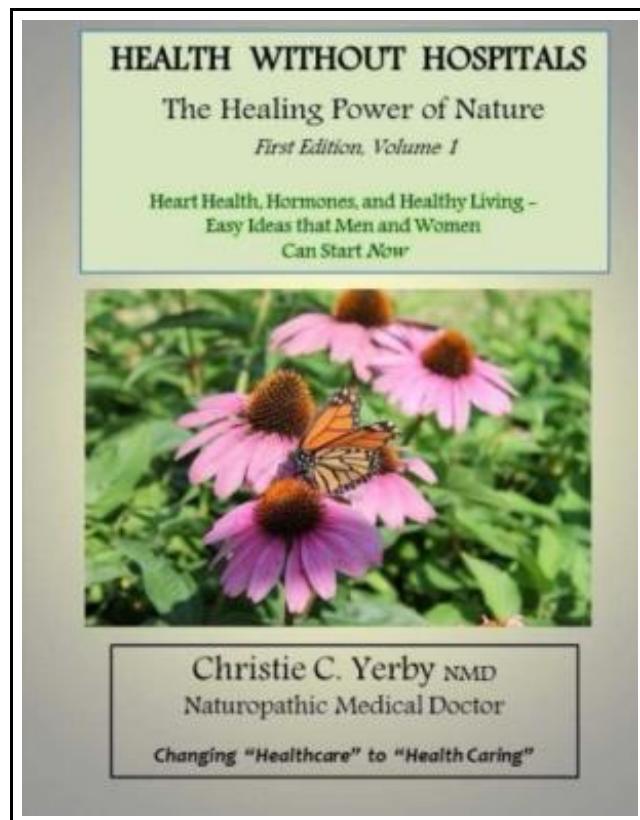


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Reviews

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(Dr. Kayden Gerlach)

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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. **Health Without Hospitals** is a collection of previously published short articles written when natural medicine was first becoming popular. It still serves today as the information go-to resource for finding the basics to self-care that you may not hear from your conventional medical doctor (MD). Written by licensed naturopathic medical doctor, Christie C. Yerby, it addresses important health categories for both men and women that are easy to follow and that will help prevent chronic illnesses and alleviate aggravating physical symptoms. Some areas highlighted include how to choose a safe supplement product, identifying environmental toxins that may be effecting your health, hormone and heart health issues, immune system support, weight loss ideas, and ways to empower your self-care efforts to work in solo, with your family, or in partnership with your doctors. These health-supporting ideas are still just as important and relevant today, as when they were first published in early 2000. One should consider implementing these foundational basics to longevity before including or adding other advanced alternative medicine therapies that may or may not be right for you. Teaching you how to build your health from the ground up is the importance of this book. Since these articles were originally published the field of natural science has expanded in research and popularity. If you missed out on the first wave of information, now is the time to receive this valuable resource and then to either delve further into the world of natural science and medicine, or to just begin to enjoy your health improvements and benefits simply and immediately by reading **Health Without Hospitals** today.

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