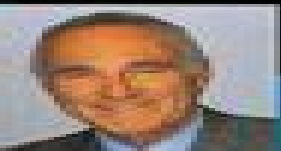
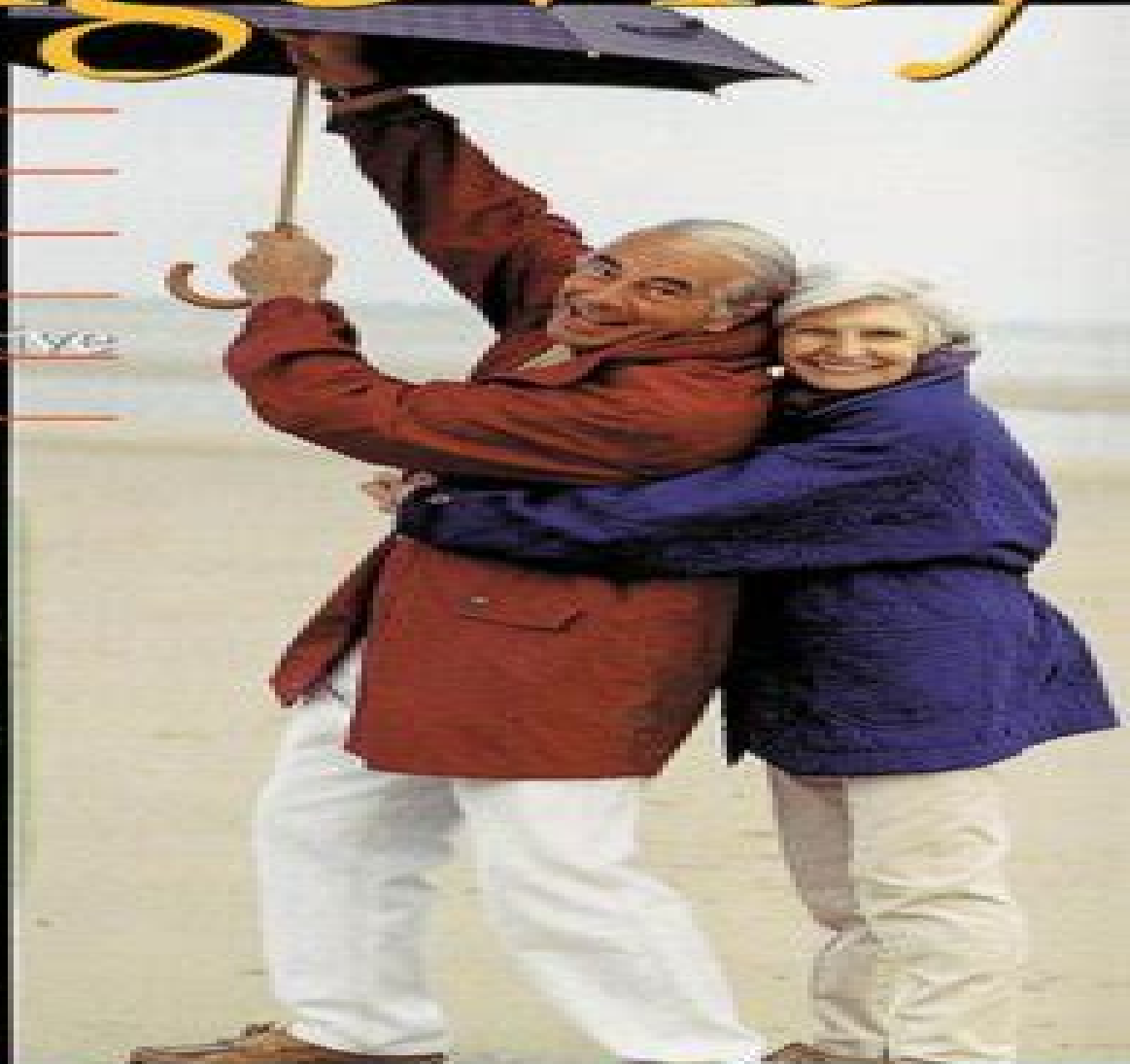


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Longevity An Alternative Medicine Definitive Guide

Ellen Kamhi, Eugene R. Zampieron



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No Doctors Required Larry Trivieri Jr, 2021-04-23 The only book to ever be officially endorsed by the acclaimed Academy of Comprehensive Integrative Medicine *No Doctors Required* is a must have guide for everyone wanting to take control of their health using proven and in many cases cutting edge self care approaches they can do on their own Most of these health boosting methods aren't even known by most doctors The information in *No Doctors Required* has never before been compiled in a single volume Drawing on the author's nearly 30 years of research as a noted lay health expert and the recommendations of 15 of the world's most visionary health experts including Drs C Norman Shealy Zach Bush W Lee Cowden Stephen Sinatra and Brad Nelson *No Doctors Required* introduces readers to the 10 most essential keys necessary for creating excellent health and then empowers them with how to instructions for optimizing each of those keys in their own lives and the lives of their loved ones Among the many benefits this book provides are A listing of important medical tests readers can obtain on their own to quickly discover their current health status far more accurately than conventional medical tests are capable of showing Techniques for discovering the best diet for their unique nutritional needs A quick and effective self test for discovering food allergies and sensitivities A unique discovery that supports the health of the GI tract and provides rapid protection against harmful toxins including glyphosate A powerful 4 minute exercise routine that provides significant cardiovascular and strength training benefits without the need for equipment or trips to the gym A powerful method to quickly and permanently heal unresolved emotions and beliefs and the physical health ailments they can cause

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Chronic Fatigue, Fibromyalgia, and Lyme Disease, Second Edition Burton Goldberg, Larry Trivieri, 2014-02-04 Chronic fatigue fibromyalgia and Lyme disease can be permanently reversed using nontoxic alternative treatments In this authoritative guide more than 30 leading physicians explain their holistic diagnostic and treatment methods Each chapter has been updated to reflect the latest research and therapeutic approaches to treating and ultimately reversing these debilitating conditions Written by the authors of the acclaimed ALTERNATIVE MEDICINE THE DEFINITIVE GUIDE more than 600 000 copies sold this book shows how to regain vitality say goodbye to muscle pain peak your immune system and shake off depression with clinically proven therapies The first edition sold more than 100 000 copies and is recognized as the leading alternative medicine guide to chronic fatigue Contains new chapters on Lyme disease and holistic treatment options Three million Americans suffer from chronic fatigue and an estimated three to six million suffer from fibromyalgia 86 percent of whom are women *The Publishers Weekly*, 2001 [Insights Into Lyme Disease Treatment](#) Connie Strasheim, 2009 Health care journalist Connie Strasheim has conducted intensive interviews with thirteen of the world's most competent Lyme disease healers asking them thoughtful important questions and then spent months compiling their information into organized user friendly chapters that contain the core principles upon which they base their medical treatment of chronic Lyme disease publisher [The 9 Steps to Keep the Doctor Away](#) Rashid A. Buttar, 2010 The Nine Steps to Keep the Doctor Away shows you nine steps that have been clinically proven over the last ten years to be highly effective in promoting overall health They have provided the essential framework for Dr Rashid Buttar's philosophy and treatment plan as he has helped many patients considered to be treatment failures improve their conditions drastically Dr Buttar's

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