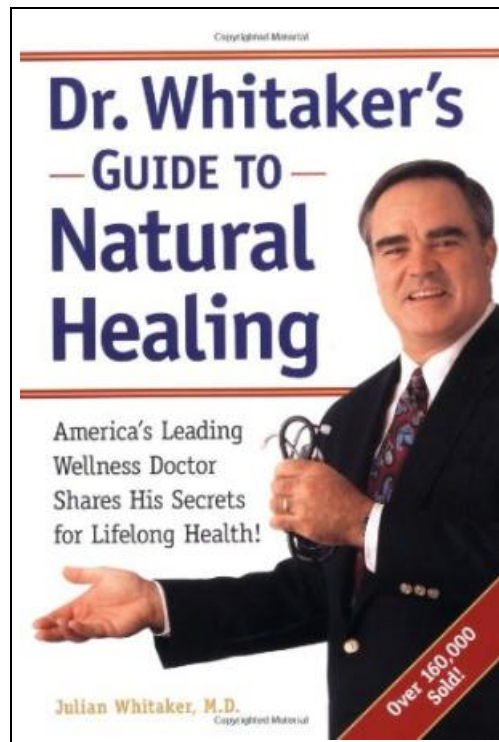


Dr. Whitaker's Guide to Natural Healing : America's Leading Wellness Doctor Shares His Secrets for Lifelong Health!



Filesize: 6.41 MB

Reviews

*A superior quality ebook and also the font used was interesting to read through. This is for all who stutte there was not a well worth reading. I discovered this publication from my dad and i encouraged this pdf to learn.
(Felix Lehner Jr.)*

DR. WHITAKER'S GUIDE TO NATURAL HEALING : AMERICA'S LEADING WELLNESS DOCTOR SHARES HIS SECRETS FOR LIFELONG HEALTH!



Harmony, 1996. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Contents Part I: Real Healthcare Reform 1. The Non-Natural Roots of the Problem National Task Force Politics The Pharmaceutical Industry and Disease The Industry and the Doctor The FDA's Role The FDA and Dietary Supplements Point 1: Health Claims on Supplement Labels Point 2: Amino Acids Regulated as Drugs Point 3: Dietary Supplement Limits Point 4: Nonessential Nutrients as "Unsafe Food Additives" Point 5: Herbs as Drugs The Solution: Get Involved and Stay Involved Chapter Summary 2. The Whitaker Wellness Program The Definition of Health Step 1: Adopt a Healthy Lifestyle Step 2: Become More Active Step 3: Take a Multiple Vitamin-Mineral Formula Step 4: Take Extra Antioxidant Nutrients Step 5: Take Extra Magnesium and Potassium Step 6: Take an Omega-3 Oil Supplement Step 7: Eat a Lowfat, High-Complex-Carbohydrate Diet Some Practical Tips Chapter Summary Part II: Building Optimal Health 3. Enhancing Digestion and Elimination Hydrochloric Acid Heidelberg Gastric Analysis Preventing "Heartburn" The Small Intestine and Digestion Pancreatic Enzymes and Digestion The Liver, Bile, and Digestion The Large Intestine and Digestion Chapter Summary 4. Enhancing Detoxification Sources of Toxins Symptoms and Known Health Effects of Toxins Diagnosing Toxic Conditions A Well-Rounded Detoxification Plan Lethal Toxicity Chapter Summary 5. Enhancing Brain Power Brain Function, Atherosclerosis, and Food Brain Function and Specific Nutrients Ginkgo biloba Phosphatidylcholine DHEA Chapter Summary 6. Enhancing Adrenal Function Stress and Burnout Coping with Stress Adrenal Health Ginseng Chapter Summary 7. Enhancing Immune Function Pasteur, the Germ, and the Host Magic Laughter, Stress, and Susceptibility Lifestyle, Diet, and Resistance The Master Gland of the Immune System Diet and Nutrition Echinacea and the Immune System Chapter Summary 8. Enhancing Weight Loss The Oprah Winfrey Example The Whitaker Prescription for Weight Loss Through Health...



[Read Dr. Whitaker's Guide to Natural Healing : America's Leading Wellness Doctor Shares His Secrets for Lifelong Health! Online](#)



[Download PDF Dr. Whitaker's Guide to Natural Healing : America's Leading Wellness Doctor Shares His Secrets for Lifelong Health!](#)

Other PDFs



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download Document »](#)



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download Document »](#)



The Perfect Name : A Step

Book Condition: Brand New. Book Condition: Brand New.

[Download Document »](#)



TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the...

[Download Document »](#)



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

[Download Document »](#)