



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

Julian Whitaker M.D., Michael T. Murray N.D.

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A Blueprint for Healthful Living

Julian Whitaker, America's wellness doctor, believes that there is almost no medical condition that cannot be improved or even reversed. Your body has the power to heal itself and stay healthy, naturally. **Dr.**

Whitaker's Guide to Natural Healing shows you ways to help prevent heart attacks and strokes, reverse diabetes, lower blood pressure, protect yourself from cancer, stop the symptoms associated with Alzheimer's, end depression without drugs, and confront many other critical health issues. Instead of focusing on disease, this book provides you with a comprehensive roadmap for wellness by covering:

- Prescriptions for optimal health that focus on prevention and wellness
- Natural remedies and prevention techniques for nearly 100 specific health conditions, ranging from the common cold to hyperactivity and learning disorders
- Creating your own, truly effective healthcare system
- And so much more!

Now you can take charge of your own health care. With ***Dr. Whitaker's Guide to Natural Healing***, you can prevent and treat many health problems yourself, no matter what your age or current medical condition.

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