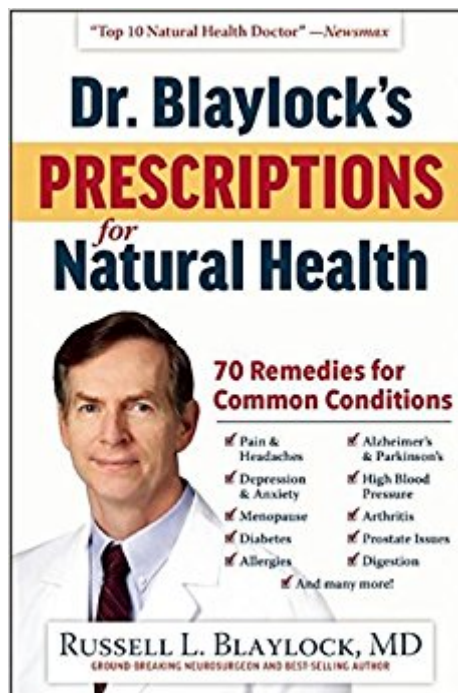




The book was found

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



Synopsis

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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Customer Reviews

Russell L. Blaylock: Dr. Russell Blaylock, M.D.(Jackson MI)is a nationally recognized board-certified neurosurgeon, health practitioner, author, and lecturer. He attended the Louisiana State University School of Medicine and completed his internship and neurological residency at the Medical University of South Carolina. For 26 years, Dr. Blaylock practiced neurosurgery in addition having a nutritional practice. He now works full-time on nutritional research. He writes The Blaylock Wellness Report, a monthly newsletter.

I was very happy with this book. I appreciate his position on food quality and the role of supplements for preventing and helping with various diseases. One of my favorite things about the book was that he offers suggestions for how much of a certain supplement to take, as well as what brands he prefers and why. So often one reads books that suggest supplements but don't give that extra information. I am looking forward to trying his blenderized veggie drink on a more regular basis. I am no stranger to smoothies and healthy eating, but he has inspired me to make it a foundational part of my life. Sometimes people don't think they have the time to make a blended veggie drink on a daily basis so he suggests that you can make a large batch and drink it over the course of many days and he also says you can even freeze it. Those were useful tips. Thank you, Dr. Blaylock for this book.

Anything by Dr Blaylock is fantastic. He shines the light on what is really going on with our health...that is being hid from us. I love his book, "MSG: The Taste that Kills."

Any book by Dr. Blaylock is worth the price.

This book is fantastic. I have read 2 other books by Dr. Blaylock. He is spot on. I am following his recommendations for a number of conditions to prevent and for moving toward health.

This book by Doctor Blaylock, a neurosurgeon, provided me with some new information, even though I already have two shelves full of health books. It is highly recommended to read Part I before proceeding to Part II (which lists natural remedies, including nutritional supplements, for 70 common conditions). Part I consists of 5 short chapters totaling 39 pages. Chapter 1 gives natural remedy prescriptions for markedly slowing down the aging process. Chapter 2 is about excitotoxins (such as glutamate, found in aspartame) that play a role in many of today's diseases. This chapter was really an eye-opener for me, providing lots of insights, details, and suggestions for ingesting less glutamate. Since reading the book, I have stopped drinking diet and sugary soda pop. Food additives and pesticides are also touched upon. Part II is not short on suggestions of ways to combat and treat 70 diseases and health conditions, including arthritis, diabetes, and even harder to treat and less hopeful conditions such as Alzheimer's, Parkinson's, and various cancers. I have already incorporated a lot of what I've read in this book. Among the several dozen health books I possess, I would rank "Dr. Blaylock's Prescriptions for Natural Health" among my top five favorite and most valued health books, as it offers hope and direction and concrete recommendations by an M.D. It's worth a try!

Thanks to Dr Blaylock for giving us health options to avoid disease!!!

Dr. Blaylock is one of my favorite alternative medicine writers! His info is second to none - right up there with Dr. Jonathon Wright, Dr. Robert Rowen, Dr. Frank Shallenberger, and others. Excellent info, and a must for your library when illness strikes!

Love the info on how we could treat ourselves better.

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