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Dr. Whitaker's Guide to Natural Healing
The Complete Contest Prep Guide (Female Cover)
America's Leading "Wellness Doctor" Shares His Secrets for Lifelong Health

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KHAN MICHAEL

Dr. Whitaker's Guide to Natural Healing The Complete Contest Prep Guide (Female Cover) This is a comprehensive guide to running your own successful contest prep. Based on my own personal experience as well as the thousands of clients I have worked with over the last ten plus years, I lay out all the research and strategies used to help turn athletes in to champions. There is no other comprehensive guide like this out on the market and this will be a game changer for you in your training and dieting approach to getting on stage and winning. *Dr. Whitaker's Guide to Natural Healing* America's Leading "Wellness Doctor" Shares His Secrets for Lifelong Health
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Julian Whitaker, America's wellness doctor, believes that there is almost no medical condition that cannot be improved or even reversed. In fact, the body has the power to heal itself and stay healthy, naturally. *Dr. Whitaker's Guide to Natural Healing* shows the reader ways to: * help prevent heart attacks and strokes * reverse diabetes * lower high blood pressure * protect against cancer * stop the symptoms associated with Alzheimer's * end depression without drugs * and confront many other critical health issues Because our current healthcare system focuses on treating disease rather than promoting wellness, many safer, more effective and far less expensive natural therapies are often ignored. This book arms the reader with ways to trigger the body's tremendous power to heal itself and provides proven alternatives to unnecessary medical procedures.

America's Leading "Wellness Doctor" Shares His Secrets for Lifelong Health

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