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Health Without Hospitals: The Healing Power of Nature

By Dr Christie C Yerby Nmd

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Health Without Hospitals is a collection of previously published short articles written when natural medicine was first becoming popular. It still serves today as the information go-to resource for finding the basics to self-care that you may not hear from your conventional medical doctor (MD). Written by licensed naturopathic medical doctor, Christie C. Yerby, it addresses important health categories for both men and women that are easy to follow and that will help prevent chronic illnesses and alleviate aggravating physical symptoms. Some areas highlighted include how to choose a safe supplement product, identifying environmental toxins that may be effecting your health, hormone and heart health issues, immune system support, weight loss ideas, and ways to empower your self-care efforts to work in solo, with your family, or in partnership with your doctors. These health-supporting ideas are still just as important and relevant today, as when they were first published in early 2000. One should consider implementing these foundational basics to longevity before including or adding other advanced alternative medicine therapies that may or may not be right...



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