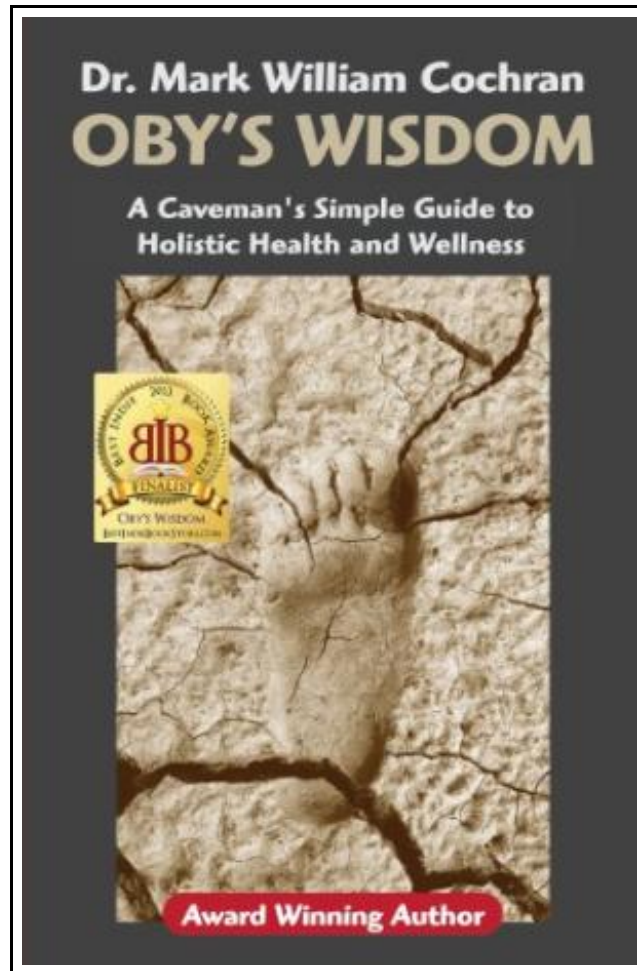


## Obys Wisdom a Cavemans Simple Guide to Holistic Health and Wellness



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## OBYS WISDOM A CAVEMANS SIMPLE GUIDE TO HOLISTIC HEALTH AND WELLNESS



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Bitterroot Mountain Publishing LLC. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.4in. x 5.4in. x 0.7in. This is the first holistic health and wellness book you should read! Turn your health inside out! That's the core message of **Obys Wisdom! A Cavemans Simple Guide to Health and Well-being**. The author, Dr. Mark William Cochran, was virtually crippled with chronic inflammatory arthritis for years and then transformed himself into a marathon runner. On the journey to his healing miracle he discovered something he never expected. A healing miracle is within reach of everybody. Yes, even you! The main character of this award-winning book is Obsidian J. Oby Stone, whose simple and timeless wisdom cuts through the fog of today's healthcare drama and teaches you how to create the holistic mindset and holistic lifestyle that will lead you to a lifelong state of vibrant health. What you will learn from **Obys Wisdom: How to empower your Doctor Within** to create a life of vibrant health from the inside out. Why following today's conventional healthcare paradigm will continue to make you and your family less and less healthy. Why you are probably much more deeply entrenched in conventional medical thinking than you realize. How to break free of conventional thinking and create the clear, simple holistic health mindset that is the most important factor in living a healthier life. The KEY to holistic nutrition: The Most Important Nutrient, and how to make sure you're getting enough of it in your diet. The First Rule of Fitness, and how it can improve your fitness whether you are a couch potato or an elite athlete. How to apply these holistic principles to raise healthy kids. Special note to followers of the paleo diet (aka, caveman diet or primal diet): You will especially enjoy **Obys Wisdom!** The ideas in the book will help...



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