



Obys Wisdom a Cavemans Simple Guide to Holistic Health and Wellness

By Mark William Cochran

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...



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