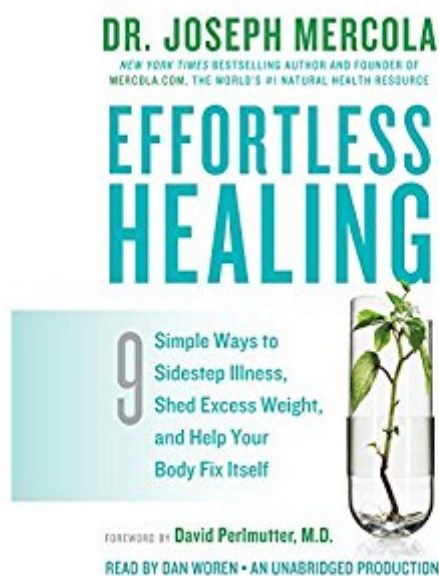


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# Effortless Healing: 9 Simple Ways To Sidestep Illness, Shed Excess Weight, And Help Your Body Fix Itself



## Synopsis

Let your body do the work Do you have to tell your leg to heal from a scrape? Your lungs to take in air? Your body that it's hungry? No. Your body does these things automatically, effortlessly. Vibrant health is your birthright and within your grasp; you just have to step out of the way. In *Effortless Healing*, online health pioneer, natural medicine advocate, and best-selling author Dr. Joseph Mercola reveals the nine simple secrets to a healthier, thinner you. The results are amazing, and the steps can be as easy to implement as: Throwing ice cubes in your water to make it more structured Skipping breakfast, as it could be making you fat Eating up to 75 percent of your calories each day in fat for optimal health, reduction of heart disease, and cancer prevention Avoiding certain meat and fish but enjoying butter Eating sauerkraut (and other fermented foods) to improve your immune system and your mood Walking barefoot outside to decrease system-wide inflammation (and because it just feels great) Enjoying a laugh: it's as good for your blood vessels as 15 minutes of exercise *Effortless Healing* is the distillation of decades of Dr. Mercola's experience and cutting-edge medical knowledge. With his wisdom and that of your body, you can optimize your health, your weight, and your life...effortlessly.

## Book Information

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Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

I found *EFFORTLESS HEALING* to be very informative and a real wake up call for me. The author doesn't sugar-coat his points about the terrible foods that most of us eat - especially the over consumption of processed foods. Dr. Mercola is very upfront about his purpose in writing this book.

He wants to "inform you of the details that are frequently omitted from the often manipulated help stories you hear or read about in the media..."The author mentions his impressive credentials, as someone qualified to talk on this subject. And he's right: "I have treated more than 25,000 patients as a physician, diligently reviewed a huge array of nutritional approaches, written two New York Times bestselling books, and built the most visited natural health website in the world." Dr Mercola points out that his website is looked at by 25 million people every month. Okay, okay, I am impressed! (The end of the book includes extensive notes to support the principles that the doctor states in each chapter.)Dr Mercola started his career as a physician using traditional approaches, but he began to realize the effectiveness of natural therapies to treat patients: "I was thrilled to see so many people getting much better using diet and lifestyle modifications. I was so convinced by these outcomes that I decided to change my practice to natural medicine ..."What happened next was not so good financially for the doctor-- he lost three fourths of all his patients! To me, the author enhances his credibility when it's clear that he sacrificed a ton of money for something he believes in. That doesn't prove the doctor is right, but it does prove he puts his money where his mouth is.The author writes in a very easy to follow fashion. For example the doctor includes a chart called "Healers vs.

In Effortless Healing, Dr Mercola dissects the most common health issues affecting us all, offering the reader an invaluable resource of knowledge which is scientifically validated, easy to understand and apply. I like how Effortless Healing is not about self-deprivation! ^Add years to your lifespan and gain more energy than you know what to do with, by making simple lifestyle changes.™A number of years ago, I subscribed to Dr Mercola's™ newsletter and every few weeks I receive information that is vital to help maintain a decent quality of life. This information however is seldom offered by most doctors. For example, Dr Mercola mentions in Effortless Healing that he was one of the first people to speak out against the use of silver mercury amalgam fillings in dentistry. Since then, I have had my own mercury fillings removed and many countries have banned the use of it. Dr Mercola has also communicated the detrimental effects of fluoride in our tap water, interviewing Christopher Bryson about the deception. We are literally been poisoned without choice or knowledge. For this reason, I admire the courage and dedication of Dr Mercola in his quest to educate the public about the real truth.Effortless Healing addresses the concept of epigenetics- our lifestyle choices; the food that we eat, the supplements that we take and the exercise we pursue all play a fundamental role in our health. Through the choices we make, we can influence the role that genetics play in our health. This is liberating as we can literally change our health by knowing and

making the right choice. There is no doubt that so called diseases of civilization including asthma, hay fever, food allergies, lupus and high blood pressure are increasing year on year.

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