



An Ounce of Prevention: Five Powerful Pearls That Will Preserve Your Life

By Dr. Floyd L. Atkins Jr.

Center for Wellness & Healing. Paperback. Condition: New. 206 pages. Dimensions: 9.9in. x 7.0in. x 0.5in. Today's world is a maze of potential health challenges and environmental pitfalls brought on by poor food and poor lifestyle choices. We live in a toxic world that manifests in our lives as chronic conditions such as: hypertension, diabetes, heart disease, autoimmune disorders, digestive disorders, anxiety and depression just to name a few. This book is a guide to prevention - an anti-disease guide - helping people to navigate the toxic terrain of today's world and to choose a safe, healing lifestyle. It gives concrete solutions for avoiding and eliminating illness, de-stressing your life and establishing a healthy non-toxic home environment. This book covers the specifics of the environmental conditions we find ourselves today. It emphasizes the point that we cannot wait for the shoe to drop before we address the health status of our body. In other words, not only is prevention the key, but prevention is the cure. Finally, revealed are five simple, but powerful steps we can take to avoid, reverse or eliminate disease. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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