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Hippocrates Health Program A Proven Guide to Healthful Living

By Brian R. Clement

Hippocrates Books. Paperback. Book Condition: New. Paperback. 100 pages. Dimensions: 6.9in. x 4.4in. x 0.3in. Here is a pocket-sized overview of the Hippocrates Health Institutes program for using a raw- and living-food diet to fight disease. This book documents over fifty years of daily work at Hippocrates with people striving to regain and enhance their health, and provides tips for how essential aspects of the program can be incorporated into daily life. A broad range of health and lifestyle topics are explored with information presented on the valuable nutrients available in raw and living foods, methods for sprouting using jars and indoor gardening, fasting as a means of eliminating toxins from the body, and the benefits of saunas, steam baths, reflexology, and massage. To expand their parameters of healthful living, readers are also taught how to purify their air and water, replace synthetic clothing with natural fibers, and imbue their lives with passion. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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