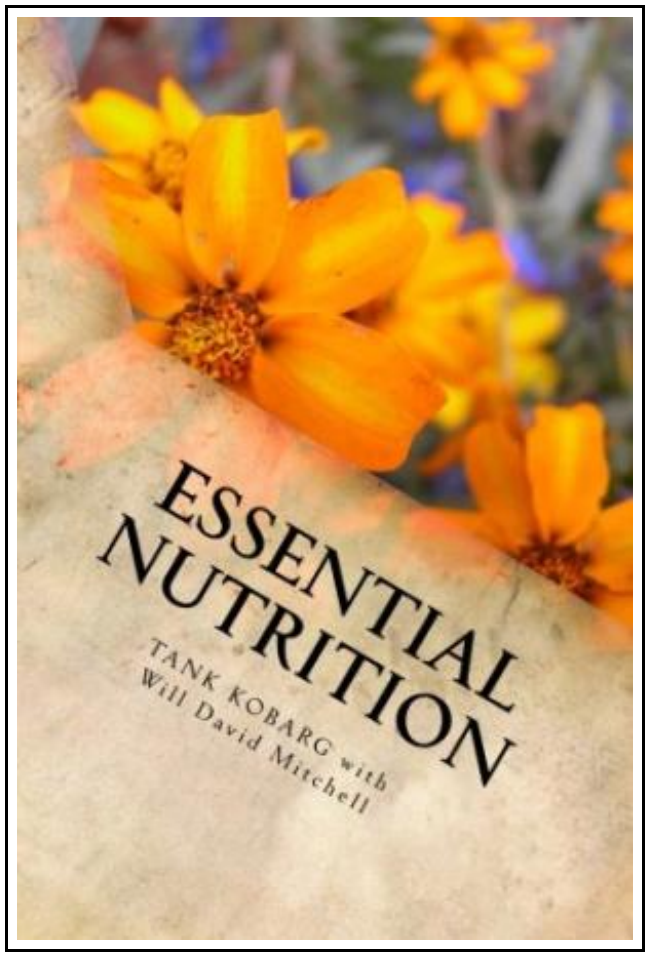
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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.I had Arthritis in my hands. My knees were so bad that my only options were Cortisone shots and knee replacements. My large intestine expanded and ruptured my stomach muscle above my navel. It could have pierced my skin. I had Type II Diabetes. I did not begin the nutrition plan. I was convinced that my physicians knew best. I believed that other people who claimed good results from natural treatments, were flukes. A friend gave me a tape by Nobel Prize nominee Dr. Joel Wallach; titled Dead Doctors Don t Lie, sparking a curiosity for alternative health care. I met Dr. Wallach for lunch. That meeting and that cassette tape changed my life. Doc s message was totally logical, and I verified that what he said was fact. However, I hesitated to resolve my health concerns. Like most people, I believed my doctors knew best. Who was I to go against the established norm? Then with chest pains, I was rushed to the hospital with an anxiety attack. For months afterward, my doctors performed tests and prescribed various drugs. They were certain my condition would only deteriorate. That shook me to my core, so I began a nutrition program. In only eleven weeks, my Arthritis was history! I could do deep knee bends from a standing position. The intestinal problem stopped, however I still have a naval protrusion. A few months later, my doctor said Whatever you are doing, don t stop. You re fine. With a smile, he said, Get out of here, you healthy bum! Most of the health problems I experienced were treated by some of the finest doctors at the prestigious La Jolla...

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