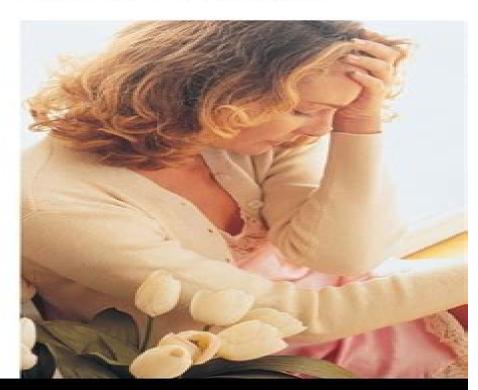
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Peter van Nitch, 2007 Lyme disease may affect the brain in many ways the most common of which is a disturbance in thinking Other symptoms that occur frequently include headaches mood swings irritability depression and marked fatigue This book describes important features and indications of this killer disease The Acid Alkaline Lifestyle Larry Trivieri, Neil Raff,MD,2015-04-07 The human body is a truly magnificent creation And because of its ability to regulate balance repair and protect itself the latest scientific research shows that each of us has the capacity to function well for at least one hundred and twenty years So why do most of us only make it to our seventies Why are so many of us afflicted with degenerative diseases And why are the diseases that once only plaqued the elderly heart disease diabetes osteoporosis arthritis and cancer now increasingly affecting our younger generations Why does the gift of long healthy live seem so unattainable What is it that we are missing In The Acid Alkaline Lifestyle bestselling author Larry Trivieri Ir and Dr Neil Raff provide a simple solution to that very important question For decades physicians and medical researchers have used the body s acid alkaline balance or pH levels as a way of determining a patient's overall health status. The problem is that the most accurate and commonly used test used to check acid alkaline balance the pH blood test rarely reveals a shift away from a normal pH reading until acute life threatening diseases strike And by then it is often too late to do anything While a pH blood test may read normal what the test does not show is what your body may be forced to do to keep it that way as it combats and seeks to compensate for the excess acidity that inside that afflicts the vast majority of us today Left undetected this corrosive buildup of acid set the stage for most of the disease conditions afflicting our nation today Over the years a number of books have appeared promoting ways to keep acid alkaline levels in check through diet and nutrition But to truly achieve and maintain acid alkaline balance requires far more than diet and nutrition alone And now for the first time here is a book that lays out all of the other essential elements for creating vibrant health The Acid Alkaline Lifestyle is not simply another book about diet and pH It's a book about the first and only complete and comprehensive acid alkaline balancing program of its kind one that goes far beyond diet and nutrition alone What the authors have done in this book not only explains the problems caused by excess acidity but also and more importantly spells out the proven safe and effective self care methods that anyone can use to dramatically improve their health enhance their sleep cope with stress and get the most out of exercise with a lot less effort all while providing the best nutritional eating plan for balancing pH throughout the body The Acid Alkaline Lifestyle provides all the practical information you need to restore and maintain your health and boost your energy so that you can achieve a longer healthier life the way nature intended Juice Alive Steven Bailey, ND, Larry Trivieri, 2012-05-09 The world of fresh juices offers a powerhouse of antioxidants vitamins minerals and enzymes The trick is knowing which juices can best serve your needs In this easy to use guide health experts Dr Steven Bailey and Larry Trivieri Jr tell you everything you need to know to maximize the benefits and tastes of juice The book begins with a look at the history of juicing It then examines the many components that make fresh juice truly good for you good for weight loss and so much more Next it offers practical

advice about the types of juices available as well as buying and storing tips for produce The second half of the book begins with an important chart that matches up common ailments with the most appropriate juices followed by over 100 delicious juice recipes Let Juice Alive introduce you to a world bursting with the incomparable tastes and benefits of fresh juice NoDoctors Required Larry Trivieri Jr,2021-04-23 The only book to ever be officially endorsed by the acclaimed Academy of Comprehensive Integrative Medicine No Doctors Required is a must have guide for everyone wanting to take control of their health using proven and in many cases cutting edge self care approaches they can do on their own Most of these health boosting methods aren t even known by most doctors The information in No Doctors Required has never before been compiled in a single volume Drawing on the author's nearly 30 years of research as a noted lay health expert and the recommendations of 15 of the world's most visionary health experts including Drs C Norman Shealy Zach Bush W Lee Cowden Stephen Sinatra and Brad Nelson No Doctors Required introduces readers to the 10 most essential keys necessary for creating excellent health and then empowers them with how to instructions for optimizing each of those keys in their own lives and the lives of their loved ones Among the many benefits this book provides are A listing of important medical tests readers can obtain on their own to quickly discover their current health status far more accurately than conventional medical tests are capable of showing Techniques for discovering the best diet for their unique nutritional needs A quick and effective self test for discovering food allergies and sensitivities A unique discovery that supports the health of the GI tract and provides rapid protection against harmful toxins including glyphosate A powerful 4 minute exercise routine that provides significant cardiovascular and strength training benefits without the need for equipment or trips to the gym A powerful method to quickly and permanently heal unresolved emotions and beliefs and the physical health ailments they can cause Multiple methods for achieving healthy sleep Plus much more Book Review 1 I highly recommend No Doctors Required as an important resource that teaches readers how to quickly improve their health using the powerful self care healing methods it shares Dr Joseph Mercola Founder of Mercola com Book Review 2 No Doctors Required is a book that is very needed at this time when the medical system in the USA is becoming less and less capable of truly helping most patients The practical knowledge and self care methods Larry Trivieri Jr and over a dozen other acclaimed health experts share in this book can be easily implemented by readers to take command over their own health and well being Everyone who wants to understand gain and maintain good health will benefit from reading No Doctors Required and applying its life enhancing principles to their lives Elle Macpherson Book Review 3 As a celebrity cancer survivor health activist and founder of the Cancer Schmancer Movement I come in contact with countless authorities in the health space Few doctors whose paths I ve crossed are as brilliant at understanding the body as a system and supporting its ability to function at an optimal level than Dr Lee Cowden I have written everything down that he has recommended to me like gospel because I know what a medical genius he is In No Doctors Required Dr Cowden and over a dozen other health experts share their expertise with Larry Trivieri Jr to

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