



Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight, and Help Your Body Fix Itself

Dr. Joseph Mercola

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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 bestselling 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 fifteen 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.

From the Hardcover edition.

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From reader reviews:

Oren Nelson:

Playing with family in a very park, coming to see the sea world or hanging out with good friends is thing that usually you have done when you have spare time, subsequently why you don't try matter that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight, and Help Your Body Fix Itself, you could enjoy both. It is fine combination right, you still want to miss it? What kind of hang type is it? Oh can occur its mind hangout guys. What? Still don't get it, oh come on its referred to as reading friends.

Michelle Fulk:

The book untitled Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight, and Help Your Body Fix Itself contain a lot of information on this. The writer explains her idea with easy means. The language is very clear to see all the people, so do not really worry, you can easy to read the item. The book was written by famous author. The author brings you in the new age of literary works. It is possible to read this book because you can continue reading your smart phone, or gadget, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open up their official web-site as well as order it. Have a nice read.

Mary Cox:

Is it anyone who having spare time in that case spend it whole day by means of watching television programs or just lying on the bed? Do you need something new? This Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight, and Help Your Body Fix Itself can be the solution, oh how comes? It's a book you know. You are therefore out of date, spending your extra time by reading in this new era is common not a geek activity. So what these publications have than the others?

Danilo Ernest:

As a student exactly feel bored to help reading. If their teacher asked them to go to the library or even make summary for some book, they are complained. Just small students that has reading's heart or real their leisure activity. They just do what the educator want, like asked to go to the library. They go to generally there but nothing reading critically. Any students feel that reading is not important, boring and can't see colorful images on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this age, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore , this Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight, and Help Your Body Fix Itself can make you sense more interested to read.

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