



The Five Forces of Wellness (8 Compact Discs and a Workbook)

Dr. Mark Hyman

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CD Version - 8 Compact Discs and a Workbook

Create a Health Span That Matches Your Life Span!

Most of us believe that aging is accompanied by a sharp decline in our physical and mental abilities.

This program presents the new science of staying healthy - otherwise known as ultraprevention. This powerful medicine of the future shatters the myths of today's "fix-the-broken-parts" medicine. Instead of masking symptoms, it's a proven plan for identifying and eliminating the forces that cause more than 90 percent of today's most common and devastating diseases. It's a patient-centered plan that shows you how to create a lifetime of good health.

In *The Five Forces of Wellness: The Ultraprevention System for Living an Active, Age-Defying, Disease-Free Life*, you'll learn what's best for your body. Among other things, you'll determine...

*How to prevent disease from ravaging your body, using the medically proven "remove, repair, and recharge" system.

*Which foods make you thrive and which make you sick.

*How you can decrease the activity of the genes that will create illness and increase the activity of the genes that will create wellness.

*Why you should NEVER go on a diet and how to lose weight without going on a diet.

*What kinds of vitamins you need and how much.

*Whether your body does better with vigorous exercise or more gentle exercise.

*How to identify and rid yourself of toxins that make you sick.

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