

Live Pain Free Today! Dr. Sears Proven Solutions for Natural Joint Pain Relief

Live
**Pain Free
TODAY!**

Dr. Sears' Proven Solutions
for Natural Joint Pain Relief
By Dr. Andrew Weil



BOOK DETAILS

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BOOK SYNOPSIS

Over 900,000 Americans a year are dying of heart disease - and the numbers are rising. Our current diet and exercise strategies have failed to find a solution. According to Al Sears, M. D., its time to abandon the Modern Gospel of low-fat food and long-duration exercise as a path to heart health. We need the very opposite: heart disease continues to be Americas biggest killer - and obesity has reached epidemic proportions - because of the fad for low-fat diets and despite aerobics. The solution is to reengineer the diet and exercise habits of our hunter-gatherer ancestors to fit our modern culture. To build a strong and resilient heart, says Dr. Sears, engage in brief, explosive bouts of intense exercise. Consume a diet rich in high quality fat, organic proteins and liberal helpings of fruits and vegetables. Avoid grain-based starches. Take supplements to counteract the nutritional deficiencies of modern produce. Dr. Sears has used this plan to help more than 15,000 patients successfully reverse heart disease, build stronger hearts, manage their weight and abandon their heart

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