



Take Charge of Your Health - How to Become Your Own Doctor

Tammy Moore

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Do you want to be strong and healthy until you are 100?

My Aunt lived on her own until she was 103!!

“Take Charge of Your Health” will teach you how to use nature to heal yourself.

This easy to understand guideline will teach you:

- 1) How to think of food differently and use it to keep you healthy and strong.
- 2) Common natural remedies you can use to heal yourself from common ailments.
- 3) If cooking and eating healthy seems time consuming, how to make it fun and easy.
- 4) How to ask the right questions to your doctor, so you get the most of each appointment.
- 5) When you should ask how much a test costs and is it necessary to significantly lower medical costs.

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Bradley Smith:

Playing with family inside a park, coming to see the water world or hanging out with good friends is thing that usually you will have done when you have spare time, subsequently why you don't try factor that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Take Charge of Your Health - How to Become Your Own Doctor, you could enjoy both. It is great combination right, you still want to miss it? What kind of hang-out type is it? Oh can occur its mind hangout people. What? Still don't get it, oh come on its known as reading friends.

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