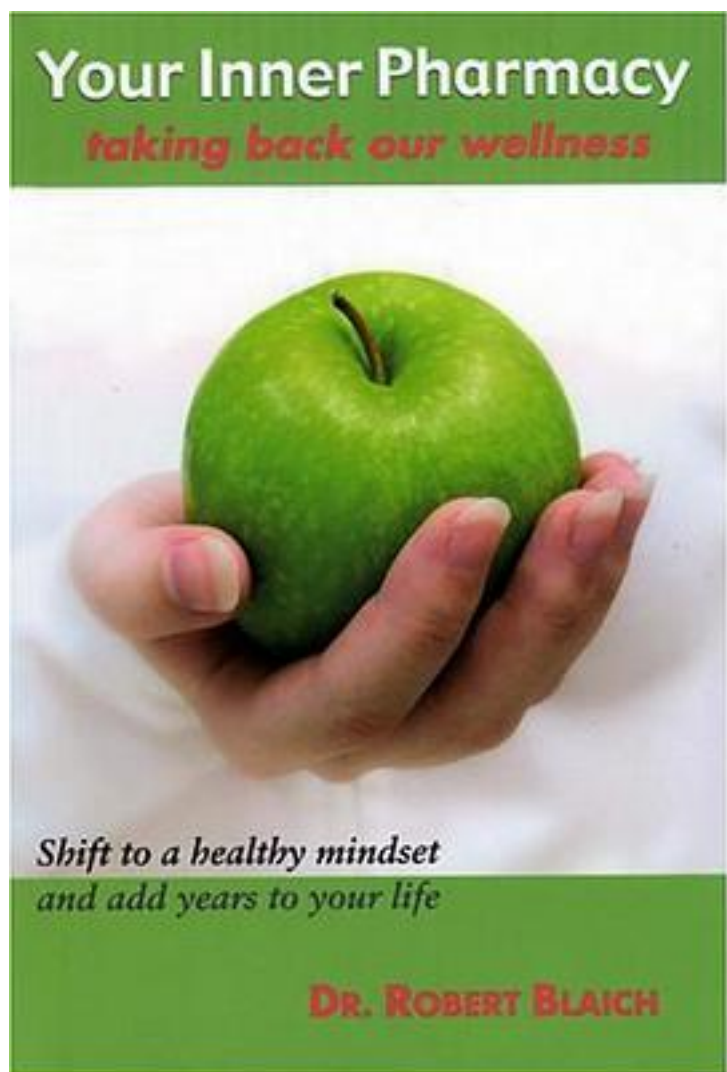


Your Inner Pharmacy



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"Your Inner Pharmacy deconstructs the assumption that health and well-being are the responsibility of the government, the medical system, or an insurance company. Teaching facets of health and health care that most people never learned in school or from their primary physicians, the author shows readers how to create an awareness of their own bodily needs, a task too often abdicated to pharmaceutical companies. Bridging the divide between traditional and alternative medicine, "Your Inner Pharmacy shows how each fits into the current healthcare system. Far more than just another "how to" book, it shifts paradigms about healthcare and motivates readers to engage in healthy living. Readers learn how to create their own commonsense health plan, an organized program of weekly health-promoting activities, stress reduction, diet, exercise, and routine maintenance. By investing just 10% of their leisure time into these activities, readers experience a dramatically improved quality of life.

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