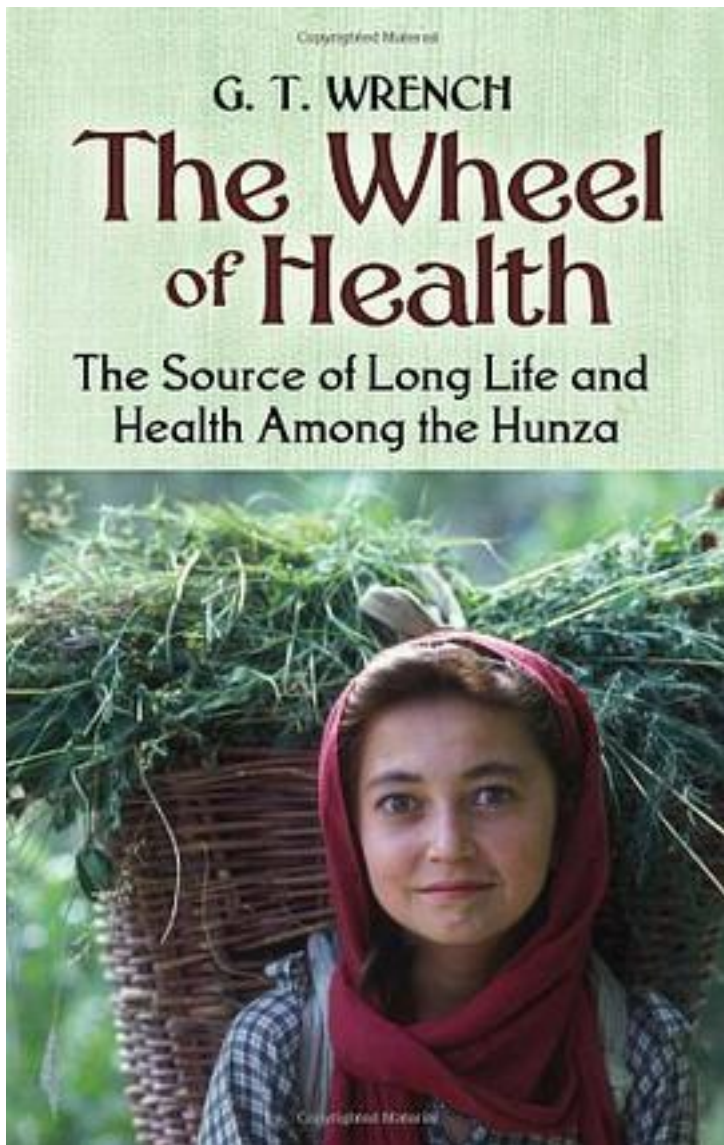


The Wheel of Health



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The Hunza people of northern Pakistan commonly live to be 100 or older. In an eye-opening work that extols the virtues of simple living, Dr. Wrench details how the Hunzas' diet and methods of food cultivation and soil preservation offer an effective approach to holistic health and disease prevention.

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