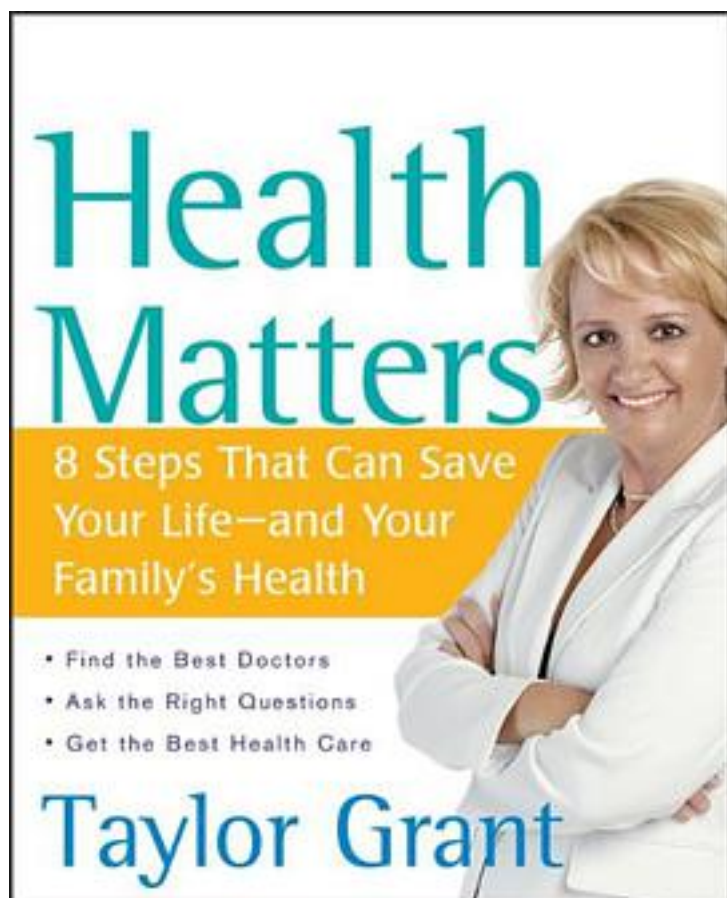


# Health Matters



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在线阅读本书

If you are looking for direction and focus in becoming a health advocate for you or your family, search no more. A must read. . . . This wise book will help many realize the

power of taking charge of their own health and will undoubtedly save lives in the process."

-Ann Louise Gittleman, Ph.D., author of the New York Times bestselling *The Fat Flush Plan*

"Health Matters is an extremely accessible resource for being proactive in our healthcare. It's a must for anyone who wants to feel empowered, not intimidated, when dealing with his or her health."

-Connie Guttersen, R.D., Ph.D., author of the New York Times bestselling *The Sonoma Diet*

"Taylor Grant delivers a great guide to pursuing proactive health. We strongly urge you to put her recommendations into action."

-Dr. Richard and Cindy Becker, hosts of the nationally syndicated television program *Your Health*

Do you have the right doctors? What puts your family's health most at risk? Should you really worry about the latest pandemic scare? Navigating the maze of today's healthcare system can be a daunting challenge. *Health Matters* gives you the information, support, and savvy advice you need to make choices and take actions that contribute to a long and healthy life for you and your family.

Through *8 Prescriptions for Life*, you'll discover why we avoid dealing with our health, the essentials to understanding your body, and how to harness your Health Power to get great medical care. You'll also learn easy ways to make positive changes in your life and protect your family.

*Health Matters* is packed with useful tools, including:

- \* Handy checklists to help you get organized and take action on your health
- \* A Healthy Life Plan that reveals how to have great health at any age
- \* 5-Minute Clinics filled with quick tips for protecting yourself and staying healthy
- \* A 52 Weeks of Health section that gives you an easy way to have your healthiest year ever

作者介绍:

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