

# Health Is Simple, Disease Is Complicated

## Health Is Simple, Disease Is Complicated

A Systems Approach  
to Vibrant Health



JAMES FORLEO, DC

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WINNER, 2009 Living Now Book Award, Gold MetalIn this breakthrough book, Dr. James Forleo proposes a return to the body as the site of self-healing. The problem, he says, is that we don't understand the language of signs and symptoms it uses to

communicate its healing messages. Health Is Simple helps readers decipher that language and access the great realms of health and vitality the body contains. Written in a clear, engaging style, the book takes a systems approach to health, walking readers through the basic design and function of each major organ system—the nerve, endocrine, immune, musculo-skeletal, cardiovascular, respiratory, digestive, and elimination systems—and offers a set of simple practices to boost their performance. With only a few minutes a day, readers can radically improve their health and well-being. Based on his work with hundreds of patients, the program emphasizes simple correctives to diet and lifestyle, a new perspective on digestion and elimination, and the alignment of the spine and structural system. Case studies demonstrate successfully resolved conditions from chronic headaches, anxiety, and respiratory disorders to exhaustion, autoimmune disorders, and allergies. Health Is Simple offers readers access to the same customized program the author’s celebrity clients have enjoyed, with the possibility of achieving the same spectacular results.

作者介绍:

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