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Take Control of Your Health

Joseph Mercola, Kendra Pearsall

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Take Control of Your Health was written with you in mind -- a concerned individual who wants to improve your health and live better, but is confused by the mountains of conflicting information out on the web. Many people just can't sort through it all. "Should I go no-carb or low-carb?" "Is aerobic exercise really the best way to burn fat?" "Are prescription drugs really safe, or are there alternatives?" "Does the government really have my best interests at heart?" "Are there fats that are actually good for you?" Take Control of Your Health cuts through all the deceptions and half-truths and gives it to you straight. Listen, even my website has over 50,000 pages of content with more coming in all the time. So I've "picked out the gold" and given you the "best of the best". This phenomenal new work is packed with the most relevant and useful health beneficial information that you can get about the power of nutrition, exercise, proper rest and much, much more. Everything inside is based on proven research and actual results. It will completely transform your life. I have seen the healing power of food (the right food) and know what it will do for your health and well-being. My belief is that many common health problems started when we moved away from the eating and lifestyle habits of our long-ago ancestors. Chronic obesity, cardiovascular disease and other health related issues are more a result of modern diet than anything else. This program gets you back on the right track! Think of a toolbox that has every tool in it a mechanic would need to rebuild a dented, worn down, barely running car and create a handsome, sleek, powerful and highly-efficient machine. In this case, the machine is your body and Take Control of Your Health is the toolbox.

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