



Get Healthy Now!: A Complete Guide to Prevention, Treatment, and Healthy Living

Gary Null

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The fully revised and updated edition to the national bestseller Get Healthy Now! includes new research and nutritional advice for treating allergies, Diabetes, PMS, Andropause, and everything in-between. From healthy skin and hair to foot and leg care, and featuring an up-to-date Alternative Practitioners Guide, Get Healthy Now! is your one-stop guide to becoming healthier from top to bottom, inside and out.

Let "the new Mr. Natural" (Time Magazine) show you the best alternatives to drugs, surgical intervention, and other standard Western techniques. Drawing from methods that have been supported by thousands of years of use in other societies, as well as more recent discoveries in modern medicine, this comprehensive guide to healthy living offers a wide range of alternative approaches to help you stay healthy.



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