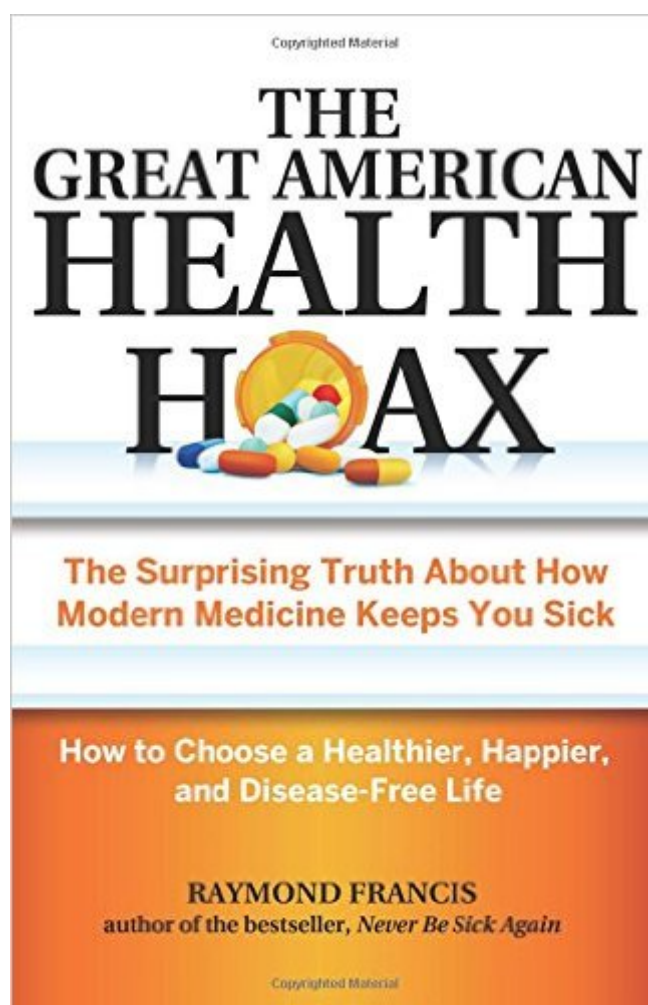


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The Great American Health Hoax: The Surprising Truth About How Modern Medicine Keeps You Sick_How To Choose A Healthier, Happier, And Disease-Free Life



Synopsis

Described as "one of the few scientists who has achieved a breakthrough understanding of health and disease," Raymond Francis draws deeply from his years of personal experience and professional training. A chemist and a graduate of MIT, Raymond exposes the truth about why the conventional approaches to health and disease aren't working. In *The Health Hoax*, Francis blends wisdom from his previous books with new information and research, then he pulls out all the stops and creates a simple roadmap to health so that you can get well, stay well and never be sick again. Francis believes that, through education, we can put an end to the epidemic of chronic disease while providing a solution to the biggest social and economic problem of this century—the costs of global aging. In *The Health Hoax*, Francis exposes the truth about how to stay healthy and introduces us to a way of life that can become a "highway to health", while he quite effectively demonstrates that we really don't have to be sick. Then, he reminds us that not only is there absolutely no fun in being sick, but we are going broke trying to pay the cost. Francis realizes that the only solution for individuals and society as a whole is to maintain health. But health is a solution that we must choose, and once we make that choice, we must learn how to achieve it. Fortunately, learning how to be healthy has never been easier—*The Health Hoax* makes it simple. Because the human organism is a magnificent self-regulating, self-repairing system, it is capable of being completely functional and in excellent health for well over 100 years of vital, productive life. We are the sum of everything that goes into our system — it is our job to support it. When we make the choice to properly care for ourselves, our bodies will reward us with the gift of good health and long life. All we need is a tool to help us master the elements of health that are the most important. This book is that tool. It will empower you to choose health and never be sick again!

Book Information

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Customer Reviews

Americans are fat, unfit and misled by their governments. They are poisoned at every turn by their air, soil, water, food processors, chemical manufacturers, and their doctors. If not for all that, their bodies would give them terrific service for upwards of a hundred years. Francis says there is just one disease - cell malfunction. If cells worked properly, you would not be sick. It follows that there are really only two causes of disease: toxicity - too much of a dangerous thing, and deficiency - too little of a needed thing. American medicine spends countless billions ignoring this, instead pumping patients with toxic drugs, unnecessary surgery, and unscientific, unhelpful treatments. Nothing is meant to cure, only to treat symptoms. If we would just help our bodies stay in balance, we could and should avoid dealing with this evil empire. By his definition, all drugs are toxic. They are designed to overcome or delay some process, therefore they are toxic. The more you take, the sicker you will become, because something will be thrown out of balance, if not destroyed. Even cows' milk: it drains nutrients from bones because the body needs to neutralize it. Yet those with osteoporosis are directed to drink more milk. This is one of his examples where the treatment worsens the condition. The book suffers from some issues. It is a very personal rant. There are no grays, just solid blacks and whites. Francis finds professionals to back his positions, but a lot of what he claims depends on obscure, non-definitive studies and reports, most of which he does not cite. A lot of his positions are arguable, such as his connecting vaccination to autism. And Francis loves to repeat himself, five, six, ten times. In italics.

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