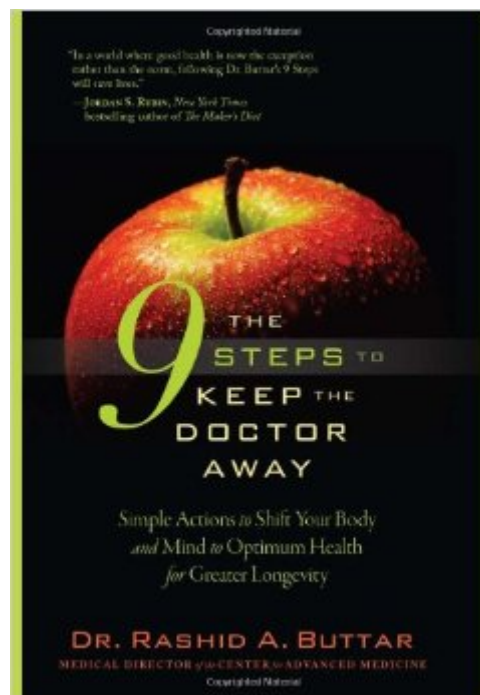


The book was found

# The 9 Steps To Keep The Doctor Away: Simple Actions To Shift Your Body And Mind To Optimum Health For Greater Longevity



## Synopsis

FROM THE WALL STREET JOURNAL BESTSELLER  
The Nine Steps to Keep the Doctor Away shows you nine steps that have been clinically proven over the last ten years to be highly effective in promoting overall health. They have provided the essential framework for Dr. Rashid Buttar's philosophy and treatment plan as he has helped many patients considered to be treatment failures improve their conditions drastically. Dr. Buttar's Clinic, Advanced Concepts in Medicine, the Center for Advanced Medicine, specializes in the treatment of cancer, cardiovascular and neurodegenerative disease in patients who have failed conventional medical treatments. The clinic has also attracted international patients suffering from various other chronic diseases as well as "difficult to diagnose" medical conditions from all over, including Africa, Europe, Central/South America, Australia and Asia.

## Book Information

Hardcover: 331 pages

Publisher: GMEC Publishing; 1 edition (June 1, 2010)

Language: English

ISBN-10: 0979430240

ISBN-13: 978-0979430244

Product Dimensions: 5.6 x 1.5 x 8.5 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (96 customer reviews)

Best Sellers Rank: #64,285 in Books (See Top 100 in Books) [#14 in Books > Health, Fitness & Dieting > Aging > Diets & Nutrition](#) [#84 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic](#) [#684 in Books > Health, Fitness & Dieting > Nutrition](#)

## Customer Reviews

I can't say enough about this book. It's shocking, alarming, eye-opening and entertaining, but most importantly...EMPOWERING. It will make you understand the power to change your health really IS in YOUR HANDS. We've come to believe that good health is "complicated" and that it's something best left to the "white coats" because we're somehow...not qualified to understand how our own body works. We're inundated with radio and TV commercials that insist you, "Ask your doctor if medication 'X' is right for you." Is it any wonder we've become completely disconnected from our own instincts and don't know how to listen to our bodies anymore? We don't trust ourselves and have abdicated control of our most precious commodity, our health, over to a "professional" or

industry we know nothing about. The real crisis in healthcare isn't the astronomical amount of dollars it continually consumes, but the loss of our own wellbeing. That's the real price. The 9 Steps gives great information on elements that are essential to ANY healing process, whether from a cold or cancer. These things HAVE to be incorporated into your life. I was glad to see they're easy and again...completely within the average person's power to make these life changes. You'll be surprised about the simplest things like hunger or your sense of thirst and what they're really telling you about your overall condition. Perhaps most important are the sections on toxicity and hormonal optimization. Your eyes will be opened about all the diseases you thought were "genetic" or that "just run in my family" that can be completely attributed to the toxic world we live in. This isn't some doomsday book. You'll be lead to the tools you need to really detoxify your body properly and how to protect it in the future.

[Download to continue reading...](#)

The 9 Steps to Keep the Doctor Away: Simple Actions to Shift Your Body and Mind to Optimum Health for Greater Longevity The Most Effective Ways to Live Longer: The Surprising, Unbiased Truth About What You Should Do to Prevent Disease, Feel Great, and Have Optimum Health and Longevity HOW TO BECOME A NIGHT SHIFT WARRIOR: A HOW TO GUIDE ABOUT WORKING THE NIGHT SHIFT Shift Omnibus Edition (Shift 1-3) (Silo series Book 2) ROAR:Ã   Â How to Match Your Food and Fitness to Your Female Physiology for Optimum Performance, Great Health, and a Strong, Lean Body for Life Irritable Bowel Syndrome & the Mind-Body Brain-Gut Connection: 8 Steps for Living a Healthy Life with a Functiona (Mind-Body Connection) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) The Acid-Alkaline Diet for Optimum Health: Restore Your Health by Creating pH Balance in Your Diet Soul Mind Body Science System: Grand Unification Theory and Practice for Healing, Rejuvenation, Longevity, and Immortality Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted TOUCHING THE WIRE: Auschwitz:1944 A Jewish nurse steps from a cattle wagon into the heart of a young doctor, but can he save her? 70yrs later, his granddaughter tries to keep the promise he made. Foreclosure Survival Guide, The: Keep Your House or Walk Away With Money in Your Pocket What Your Doctor May Not Tell You About(TM):

Premenopause: Balance Your Hormones and Your Life from Thirty to Fifty (What Your Doctor May Not Tell You About...(Ebooks)) The Dukan Diet: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever The Mobile Mind Shift: Engineer Your Business to Win in the Mobile Moment The Arthritis Handbook: Improve Your Health and Manage the Pain of Osteoarthritis (A DiaMedica Guide to Optimum Wellness) Antioxidants: The natural way to fight cancer and aging as well as reaching your Optimum Health Keep Your Wives Away from Them: Orthodox Women, Unorthodox Desires

[Dmca](#)