



Hippocrates LifeForce: Superior Health and Longevity (Paperback)

By Brian R. Clement

Book Publishing Company, United States, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. Institute director Dr. Brian Clement provides the information you need to put the principles of the Hippocrates LifeForce program into practice. Readers will: * discover how raw living foods help maintain a healthy weight and stimulate natural immune defenses against cancer, heart disease, and other chronic illnesses * learn how to develop the positive frame of mind that supports good health * understand the harmful habits that derail the healing process * learn how to make the transition to eating raw living foods at home, while dining out, and when traveling * create the support system they need to stay on track Also included is detailed information on therapeutic juicing and sprouting, the role of vitamins, minerals and phytochemicals and the use of medicinal herbs, as well as recipe favorites from the Hippocrates kitchen.



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