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The Great American Health Hoax

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.

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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 ...

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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 ...

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The Great American Health Hoax introduces you to a way of life that can become your highway to health. It will attempt to persuade you that you don't have to be sick. First, there is no fun in being sick, and second, we are going broke trying to pay for the cost of disease. As individuals and as a society, health is the solution.

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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 ...

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