



Eight Weeks to Optimum Health, Revised Edition: A Proven Program for Taking Full Advantage of Your Body's Natural Healing Power

Andrew Weil M.D.

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Now expanded and updated: The book in which one of America's most brilliant and respected doctors gives us his famous program for improving and maintaining health—already the program of choice for hundreds of thousands.

Eight Weeks to Optimum Health focuses all of Andrew Weil's expertise in both conventional and alternative medicine on a practical week-by-week, step-by-step plan, covering diet, exercise, lifestyle, stress, and environment—all of the aspects of daily living that affect health and well-being. And he shows how his program can be tailored to the specific needs of pregnant women, senior citizens, overweight people, and those at risk for cancer, among others.

Dr. Weil has added the most up-to-date findings on such vital subjects as cholesterol, antioxidants, trans fats, toxic residues in the food supply, soy products, and vitamins and supplements, together with a greatly enhanced source list for information and supplies.

Preventive in the broadest sense, straightforward, and encouraging, *Eight Weeks to Optimum Health* has proved to be, and in this updated version will continue to be, an essential book.

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