



Take Back Your Health: A Total Wellness Guide for You and Your Family (Paperback)

By Renee A Simon M S C N S

iUniverse, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Renee Simon, a respected colleague, has done a masterful job at providing practical and useful information to help you reach a higher level of health and wellbeing. Her use of real-life patient examples helps demonstrate that you too can recover your lost vitality. I recommend this book to my patients and students alike. -David M. Brady, ND, DC, CCN Take Back Your Health is loaded with natural health makeovers and new data on a wide variety of common medical problems. Ms. Simon s book on wellness is clearly one of the most inspirational and informative that has come out in a long time. -Pamela D, Blair, PhD, psychotherapist and author The Next Fifty Years: A Guide for Women at Midlife Beyond After recovering from her own personal health crisis, author Renee Simon was determined to help others. Her company, Total Wellness, is dedicated to helping people restore body balance, overcome difficult medical conditions, and regain energy and vitality. Take Back Your Health examines a large number of health problems, what causes them, and ways to prevent them. Using her proven four-step program...

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