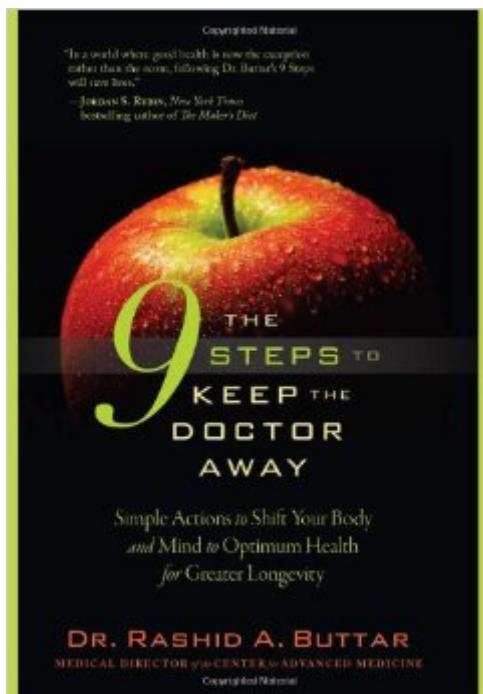


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# The 9 Steps To Keep The Doctor Away: Simple Actions To Shift Your Body And Mind To Optimum Health For Greater Longevity



## 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

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## 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.

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