

[PDF] Eight Weeks To Optimum Health (Proven Program For Taking Full Advantage Of Your Body's Natural Healing Power)

Andrew Weil M.D. - pdf download free book

Books Details:

Title: Eight Weeks to Optimum Health

Author: Andrew Weil M.D.

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Description:

"Health," Dr. Andrew Weil writes, "is a dynamic and temporary state of equilibrium destined to break down as conditions change." In other words, there's no such thing as the type of health that allows you to feel equally great every day of your life. Instead, Weil suggests, your goal should be to improve your resilience to disease, and while you're at it, feel more joy and strength.

As to how you should gain this strength, joy, and resilience, Weil doesn't come on with a hard sell to give up every bad habit or all of the foods you enjoy. Instead, he suggests gradual changes: clean

your pantry of whatever cooking oils you have there, except olive oil; start taking vitamin C three times a day; walk a few minutes a day; eat some fish and broccoli. The program is so simple and sensible that anyone trying it probably will feel better in a week.

The program then gets progressively more involved--more supplements; more of a shift toward a diet based on whole grains, fruits, and vegetables; more exercise. Besides these steady changes, each week's program has a focus: In week 2, you start drinking bottled or filtered water; week 3 focuses on organic produce; week 4, on sleep; week 5, using a steam bath or sauna; week 6, trying a "universal tonic" like ginseng; week 7, volunteering in your community; and finally, in week 8, figuring out how to integrate permanently the elements of the program into your life.

Even those who don't go for the entire program will probably find something here to like--the recipes, maybe, or the suggestion that you cut back on strenuous types of exercise like running and competitive sports in favor of brisk walks. It's perfectly useful either way: as a total lifestyle overhaul, or a series of suggestions, any one or two of which will probably help you feel better. --*Lou Schuler* --This text refers to an out of print or unavailable edition of this title.

From Library Journal Weil (Spontaneous Healing, LJ 5/15/95) has designed an easy, step-by-step program for wellness. The book's audience is the over-40 crowd. Weil's philosophy is that "most bodies come with warranties for eighty years of productive...trouble-free service, if basic requirements for preventive maintenance are followed." This book is meant as a guide to such maintenance. Its strength lies in its design, which uses small, easy steps to achieve big changes. For instance, Weil suggests eating broccoli just twice in Week 1, then builds on this to create a complete change of diet by Week 8. Recipes reinforce the message and make it palatable in every sense. Weil also stresses the importance of the holistic approach and includes a simple mental/spiritual component in each week's program. As a physician, Weil is careful to substantiate every claim, and he debunks some of today's more extreme alternative health theories. He also includes chapters outlining the special needs of seniors, children, and people at risk for cancer or cardiovascular disease. Sure to be a winner; libraries should stock many copies.

-?Elizabeth Braaksma, Thunder Bay P.L., Ontario

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