



## How To Be Healthier, Wealthier, Happy and Wise What You Need To Know To Be Healthy

By Kathleen Babbitt

iUniverse. Paperback. Book Condition: New. Paperback. 232 pages. Dimensions: 9.1in. x 6.1in. x 0.6in. There is a movement for enlightened consciousness, for greater awareness of personal responsibility for the health of our society, our environment, and ourselves. You will discover: Why millions of Americans don't have good health. Why millions of Americans are slowly developing health problems beyond their control. Why we are one of the least healthy countries in the world, yet spend more than any country in the pursuit of health. How to have a better and longer life. How to prevent health problems from developing. Natural resources to balance body, mind, and spirit. Natural solutions to health problems. Wonderfully written invaluable guidebook for all those wishing to take the responsibility of their health and the health of their environment into their own hands. Truly helpful and inspirational at the same time. ! Debbie Athos, Owner of Natural Lifestyle Magazine. A long overdue effort to educate people on how to get healthy and stay healthy during this time of polluted air, water, and food; a must in the 90s. Willow Moore D. C. , N. D. , Maryland Natural Medicine Center. A wonderful book! Well expressed, comprehensive treatment of...



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