



# **Dr. Brady's Health Revolution: What You Really Need to Know to Stay Healthy in a Sick World**

*David M. Brady*

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## **Dr. Brady's Health Revolution: What You Really Need to Know to Stay Healthy in a Sick World**

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Dr. Brady's Health Revolution teaches the reader in a concise, no-nonsense, manner what really needs to be done to stay healthy in today's high-stress world. How has the medical system in the most advanced country on earth failed to effectively address the issues of wellness and health effectively with aging baby-boomers and an obese younger generation? Yesterday vitamins were said to be good, today they are not, and who knows about what will be said tomorrow. There is always a new "fad" diet book on the market and a new "ticket" to loose weight. How do you really separate the hype and myth from the facts? Dr. Brady will use his 15 years of experience as a university professor and clinical practitioner of alternative and natural medicine to help you sort it all out. What diet strategies are best? What nutritional supplements are really necessary? Are herbs safe and an effective alternative to many medications? What type of doctors and health care providers are available to help and what are the differences between them? Are there low-cost basic strategies to help alleviate many common chronic ailments including arthritis, chronic fatigue, diabetes, high blood pressure, high cholesterol, fibromyalgia, and more? Dr. Brady will provide you with the answers in a simple and enjoyable manner. Take an exciting tour through the possibilities of alternative and natural medicine and re-claim your lost vitality today!

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