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By Andrew Saul Ph.D.

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If you want something done right, you have to do it yourself. This especially includes your health care. Natural healing is not about avoiding doctors, it is about not needing to go to doctors. The idea is to be well. Each of us is ultimately responsible for our own wellness, and we should consider all options in our search for better health. That is the focus of this book, how we can get better using practical, effective, and safe natural therapies.

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