



The Beginner's Guide to Natural Living

Larry Cook

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The Beginner's Guide to Natural Living is a straightforward, well-researched, comprehensive and easy to understand step-by-step guide to the hows and whys of nearly every aspect of natural living. This book is an inspiring wealth of information, and includes everything you need to know to implement lasting change in your life and your health. Author Larry Cook, former publisher of two popular natural living magazines, has finally encapsulated his in-depth knowledge on natural living in book form. This book presents clear guidance on everything from what to eat—and what NOT to eat—to how to choose quality natural products, which supplements to use on a regular basis, how to choose a natural doctor, why to go to a holistic dentist, and why and how to detoxify your body. It should also inspire you to implement a confidence building exercise routine. And just as important as the how is the why—the book provides a thought-provoking exposé of the pervasive, toxic manipulation of our food supply as well as an exploration of the realities of conventional medicine, which uses a disease management and drug therapy model while simultaneously suppressing the use of effective, all-natural treatment modalities. To help you further your education in all of these matters, a thorough list of book suggestions is provided throughout the book and collected in the Bibliography. Larry's detailed explanations and generous advice (right down to shopping lists, recipes and meal plans) make this guide an absolute gem if you want to know where to begin to confidently change your lifestyle. Buy it today, follow his trustworthy guidance, and begin reaping the many rewards of living the natural lifestyle!

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