



# **Got To SHINE: A Guidebook for True Health and Sustained Wellness in the 21st Century**

*Wally Taylor MD*

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# Got To SHINE: A Guidebook for True Health and Sustained Wellness in the 21st Century

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The western world is currently sick and getting sicker, bogged down by stress and inflammation, and dependent on pricey prescription meds. So it's no wonder that so many people are rising up and demanding a change. As a society, we're in search of something more natural, more personalized—something that will give us a true sense of wellness and wellbeing, inside and out.

Enter the new paradigm of medicine: a holistic, whole-body approach that treats every aspect of your being as part of the same well-oiled machine. Through the helpful mnemonic “got to shine,” this revolutionary guide will lead you on a new path to wellness.

Penned by experienced physician Wally Taylor, MD, *Got to SHINE* is a game-changer for those suffering from chronic, inflammation-based diseases, who have been impacted by the profit-seeking behavior of the big pharmaceutical and food manufacturers.

Taking on the role of mentor and coach, Dr. Taylor paves the way toward a true state of restoration and wellness through lifestyle modifications, dietary changes, and the nutrient and hormone support that can help you become healthier and happier.

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