



# Take Charge of Your Health - How to Become Your Own Doctor

*Tammy Moore*

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**Take Charge of Your Health - How to Become Your Own Doctor** Tammy Moore

Do you want to be strong and healthy until you are 100?

My Aunt lived on her own until she was 103!!

“Take Charge of Your Health” will teach you how to use nature to heal yourself.

This easy to understand guideline will teach you:

- 1) How to think of food differently and use it to keep you healthy and strong.
- 2) Common natural remedies you can use to heal yourself from common ailments.
- 3) If cooking and eating healthy seems time consuming, how to make it fun and easy.
- 4) How to ask the right questions to your doctor, so you get the most of each appointment.
- 5) When you should ask how much a test costs and is it necessary to significantly lower medical costs.



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In this period of time globalization it is important to someone to acquire information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information much easier to share. You can find a lot of references to get information example: internet, paper, book, and soon. You can observe that now, a lot of publisher that print many kinds of book. Often the book that recommended for your requirements is Take Charge of Your Health - How to Become Your Own Doctor this guide consist a lot of the information on the condition of this world now. This book was represented how do the world has grown up. The dialect styles that writer use for explain it is easy to understand. Typically the writer made some exploration when he makes this book. That's why this book ideal all of you.

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