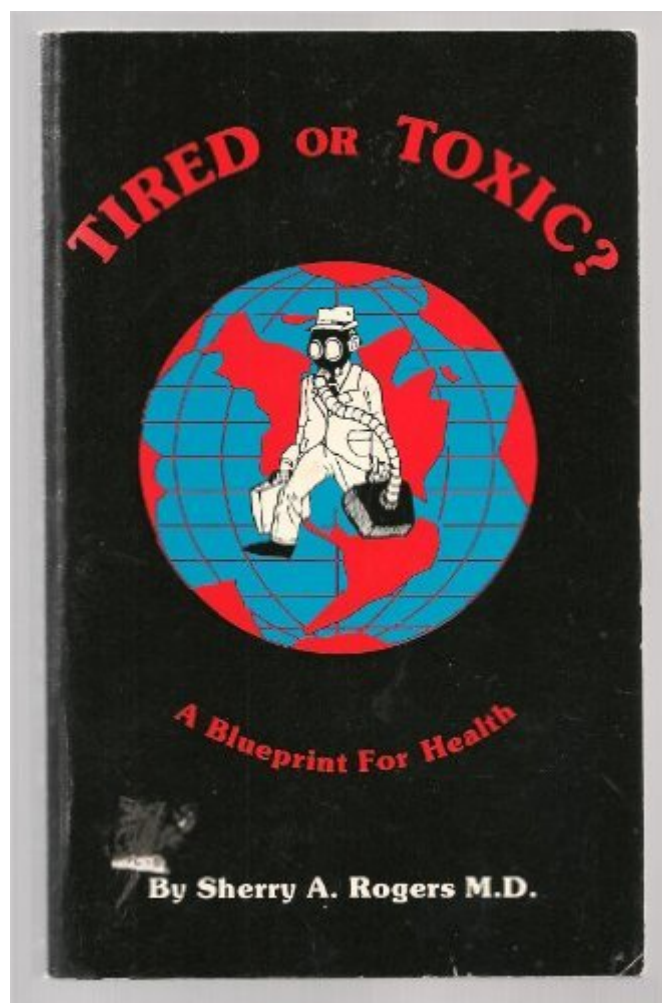


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# Tired Or Toxic? A Blueprint For Health



## Synopsis

Book title: TIRED OR TOXIC? A BLUEPRINT FOR HEALTH. Author: Dr. Sherry Rogers

## Book Information

Paperback: 438 pages

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Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (12 customer reviews)

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## Customer Reviews

For anyone dealing with a serious illness, or that wants to avoid a serious illness, the books by Dr Sherry Rogers are absolutely essential reading. Her books explain in a very easy to understand manner how to deal with the causes of disease using cutting edge medical knowledge, technology and testing, and not just how to mask symptoms with drugs and other superficial treatments (which lead to worsening problems in other areas of health). As Dr Sherry Rogers writes in 'Detoxify or Die', 'I have to laugh when people ask me if I do alternative, herbal, acupuncture or holistic medicine. 'No,' I reply. 'We do state-of-the-art medicine. In other words, we find the biochemical, nutritional and environmental causes and cures rather than blindly drugging everything. Sure, herbs are gentler, safer and more physiologic than drugs and holistic medicine attempts to incorporate many diverse modalities, etc. But there is no substitute for finding the underlying biochemical causes and cures. This is real medicine. This is where medicine should and would have been decades ago, if it had not been abducted by the pharmaceutical industry.' The question is not whether you should read a book by Dr Rogers, but WHICH book of hers you should start with! Choosing which books to start with can be difficult and a bit overwhelming, as there are quite a few. My opinion, is as follows: 1. For healthy people that want to stay well, healthy older people who want to avoid degenerative diseases as they get older, or parents who want to keep themselves and their kids well, then the book you need is 'Detoxify or Die.' This one book will probably contain everything

you need to know as prevention is so much easier than cure!

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