

***Effortless Healing*  
About the Book**

**LET YOUR BODY DO THE WORK**  
   
Do you have to tell your leg to heal from a scrape? Your lungs to take in air? Your body that it’s hungry? No. Your body does these things automatically, effortlessly. Vibrant health is your birthright and within your grasp; you just have to step out of the way. In *Effortless Healing*, online health pioneer, natural medicine advocate, and bestselling author Dr. Joseph Mercola reveals the nine simple secrets to a healthier, thinner you. The results are amazing and the steps can be as easy to implement as:

* Throwing ice cubes in your water to make it more “structured”
* Skipping breakfast, as it could be making you fat
* Eating up to 75 percent of your calories each day in fat for optimal health, *reduction* of heart disease, and cancer prevention
* Avoiding certain meat and fish, but enjoying butter
* Eating sauerkraut (and other fermented foods) to improve your immune system and your mood
* Walking barefoot outside to decrease system-wide inflammation (and because it just feels great)
* Enjoying a laugh: it’s as good for your blood vessels as fifteen minutes of exercise

*Effortless Healing* is the distillation of decades of Dr. Mercola’s experience and cutting-edge medical knowledge. With his wisdom and that of your body, you can optimize your health, your weight, and your life…effortlessly.

**DR. JOSEPH MERCOLA** is a passionate advocate of natural medicine, a wellness champion, and a visionary who has implemented much-needed changes to our current health care system. As a physician for twenty-five years, he treated thousands of patients at his wellness center outside of Chicago, and in 1997 he created Mercola.com, now the #1 natural health website in the world. A *New York Times* bestselling author, he has also appeared on national news media such as CNN, Fox News, ABC News, *Today*, CBS's *Washington Unplugged*, and *The Dr. Oz Show*.

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