

***Effortless Healing*  
Endorsements**

“*Effortless Healing* will cause a simple revolution in your health.  I have been a fan of Dr. Mercola’s work for many years and this book is the synthesis of his wisdom; it will help anyone feel better quickly.”  
--Daniel G. Amen, MD, author of *Change Your Brain, Change Your Life* and *The Daniel Plan*  
   
“Dr. Mercola has been one of the leading teachers of health for a quarter century, and with this book he has done an admirable job of succinctly summarizing and making accessible to all, decades of accumulated knowledge.  Those fortunate enough to read it will likely be rewarded with many extra years of health and life.”  
--Ron Rosedale, MD, founder of Dr.Rosedale.com  
  
“If you want to improve your health, embrace the simple but elegant recommendations of Dr. Mercola. He is consistently ahead of the rest of the medical community, and his approach is solid and based on state-of-the-art scientific evidence.”   
--Richard Johnson, M.D., Professor of Medicine, University of Colorado, author of *The Fat Switch*  
 *“Effortless Healing* is a very worthwhile read not only for the public but also for healthcare practitioners, who need to be teaching their patients the importance of following the advice in this book.  These pages contain foundational truths that are well-researched and have already been proven effective in patients by Dr. Mercola, by me, and by other practitioners.  If people, especially those in the United States, would act upon the simple, do-able recommendations in this book, I predict that the incidence of obesity and most chronic diseases would drop dramatically.  Read *Effortless Healing* and then apply its wisdom in your life so that you also can experience vitality and longevity!”  
--W. Lee Cowden, MD, MD(H), Chairman of the Scientific Advisory Board, Academy of Comprehensive Integrative Medicine  
  
 “Dr. Mercola is a national, and indeed international, leader in the natural health and organic movements. His new book, *Effortless Healing* is essential reading for all health conscious and concerned Americans, giving us the information and inspiration we need to heal ourselves and revitalize public health.”  
--Ronnie Cummins, Founder and Director, Organic Consumers Association  
   
"A true visionary who champions freedom of thought, Dr. Mercola has empowered millions of people around the world to take control of their health with common sense advice. He makes it easy to understand why healing and staying well is something everyone can do safely, effectively, and naturally by simply making more conscious choices."   
–Barbara Loe Fisher, Co-founder & President, National Vaccine Information Center   
   
"We are not broken. We do not have prescription deficiencies. We are not helplessly waiting for our next diagnosis. Quite the contrary, we have been misled about our body’s innate power to heal, and our access to vibrant health. Dr. Mercola, the world’s pioneer in self-directed wellness, provides a simple, evidence-based roadmap to empowerment - some of which may be surprisingly unexpected! It could be the read that frees you to become your most vital self."  
--Kelly Brogan, MD, ABIHM, holistic women's health psychiatrist  
   
 “Dr. Mercola’s latest book*, Effortless Healing*, will greatly expand the general public’s awareness about some of the latest concepts and challenges facing our food choices and our health. He shares one bit of valuable medical information after another and then expands it, and discusses how these suggestions can be more readily implemented and effortlessly expanded to improve the health of all Americans.”  
--Doris J. Rapp, MD, environmental medical specialist and pediatric allergist  
   
“In his latest book *Effortless Healing*, the father of modern nutrition provides a hands-on, easy-to-implement, and yes, effortless guide that empowers you to overcome disease and take charge of your health. Whether you want to lose fat fast, turn back the clock, or simply eat more vegetables, this book provides a comprehensive arsenal of tools to reach your goals, maintain optimal health, and become your very best self.”  
--JJ Virgin, New York Times bestselling author of *The Virgin Diet* and *The Sugar Impact Diet*