



Good Medicine: A Return to Common Sense

Carol L. Roberts MD

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Attain a Healthier You-Naturally-With this Breakthrough and Doctor-Proven Guide

Filled with the latest thinking on traditional, holistic and alternative care, Good Medicine: A Return to Common Sense represents a sea change in approaching illness and attaining optimal health. This authoritative and easy-to-understand book from renowned Dr. Carol L. Roberts offers a new perspective on how human beings are put together, integrating the physical body and the spirit within. Comprehensive chapters on nutrition, digestion, toxins, heart health and even sex make it easy to customize your own wellness plan. You'll learn:

- How to break the habit of foods that can literally kill you, and replace them with nutrient-rich superfoods (it's easier than you think)
- Why your digestive system is the gateway to optimal health, and how to give it a preventive tune-up
- The man-made toxins that are causing millions to suffer from diseases like asthma and liver damage, and how to get them out of your life
- Secrets to boosting energy and sexual performance that don't require an expensive prescription
- Straight talk on vitamins-what works, why, and how much you should (or shouldn't) be taking
- Why spirituality is as important as traditional medicine, and how to implement the right balance in your own wellness goals

If you're tired of being sick, tired of taking expensive drugs-or just plain tired-this book will show you how to shape your well being with proven, practical techniques.

"If you want to get healthy, and thrive until the end of your life, read this. Dr. Carol L. Roberts is the finest among a new breed of doctors that look at your body as a system, and not as a collection of symptoms. This book will heal your life."

-Alberto Villoldo PhD, author of SHAMAN, HEALER, SAGE

"The majority of cancers and heart attacks can be prevented by good health habits and smart decisions about how we live our lives. If you rely on high-tech medicine and pharmaceuticals without attending to these common-sense measures, you are putting the cart before the horse. Dr. Carol L. Roberts's GOOD MEDICINE is a valuable guide in keeping our health priorities straight."

-Larry Dossey, MD, Author: HEALING WORDS and THE POWER OF PREMONITIONS

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Frank Jorge:

The particular book Good Medicine: A Return to Common Sense has a lot of information on it. So when you read this book you can get a lot of help. The book was published by the very famous author. The author makes some research before write this book. This book very easy to read you can get the point easily after looking over this book.

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