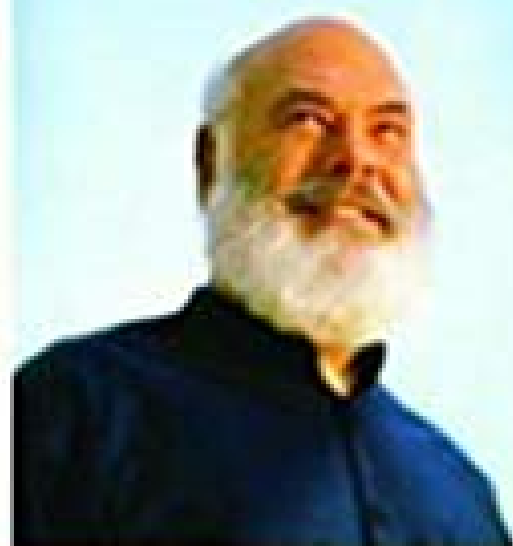


NEW EDITION, EXPANDED AND UPDATED

8



# WEEKS TO OPTIMUM HEALTH

A PROVEN PROGRAM *for* TAKING FULL ADVANTAGE  
*of* YOUR BODY'S NATURAL HEALING POWER

**ANDREW WEIL, M.D.**

*author of* HEALTHY AGING

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## Eight Weeks to Optimum Health, Revised Edition: A Proven Program for Taking Full Advantage of Your Body's Natural Healing Power



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One of America's most brilliant and respected doctors offers us his famous system for improving and maintaining health—already this program of choice for hundreds of thousands. Eight Weeks to Optimum Wellness focuses all of Andrew Weil's knowledge in both conventional and alternate medicine on a practical week-by-week, step-by-step plan, covering diet, exercise, lifestyle, tension, and environment—Preventive in the broadest feeling, simple, and encouraging. Eight Weeks to Optimum Health has proved to be, and in this updated version will continue to be, an important book. And he displays how his program could be tailored to the precise needs of women that are pregnant, older persons, overweight people, and the ones at risk for tumor, among others. Weil has added the most up-to-date results on such vital topics as cholesterol, antioxidants, trans fat, toxic residues in the meals supply, soy products, and vitamins and health supplements, together with a greatly enhanced resource list for information and materials. Dr. all the aspects of daily living that affect health and well-being.



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The beginning of healthier, happier living I really like that this book tells you what TO do instead of what NOT to do. It doesn't say "don't eat carbs" or "don't eat body fat". Weil has amazing tips to deal holistically with inflammation Dr. Really practical advices, easy to read and understand. We actually bought the audio book first, however the content was thus useful that I needed to have the reserve as a reference to look issues up. It starts very simple and gradual, and it provides a few small steps every week. So it's a very manageable way to build some good habits, particularly if you are beginning with the absolute beginning. We don't know how much technology there is behind certain issues, especially some of the supplements. Do I really have to consume ginger root every week? I don't eat it regularly now, but it was easy more than enough to check it out once.! Weil uses a lot of anecdotal "evidence" to make his points, but that's Okay. It's an easy intend to implement, and if something doesn't work for you, there is nothing saying you need to do it permanently. Try it once, and choose what functions for you and what doesn't. The content is very informative, however the date of the latest edition of the reserve is certainly 2006. Whether you want to lose weight or not really, you will build some very good practices, and you will feel better about yourself right off the bat. If nothing else, it'll make you think about how you eat, how you workout, and how you medicate. An oldie but a goodie Experienced this for quite awhile but recently go through it and it made such an effect on me that I ordered 1 for my mom. Excellent book for those who are sick and do not know . Instead, it says "consume broccoli", "eat salmon", and "consume soy protein".. I've suggested his books to family and friends. Five Stars Love his work Four Stars Lots of good details ok, but. I did lose a large amount of weight during my eight weeks, even though this book isn't necessarily intended as a weight loss program. Although I'm sure the fundamentals still apply, I've no chance of knowing if the content material has been superseded. Good starter program to breathing and meditation A really good intro/newbie combo pack to breathing and meditation. I sent presents to my consumed with stress girlfriends who had hardly ever really done anything like this before and they received benefits immediately. I bought it after c-section and appendicitis surgery treatment and it really helped with my healing. LOVE this book! It doesn't say "do 50 pushups", it says "spend a couple of minutes strolling" and "spend a couple of minutes observing your breath"! Weil's books which one is probably one of my favorite. It includes a few recommendations that are unconventional ("disregard the news for a few days"), but very helpful. Two Stars Not just a focus plan plenty of filler for another reserve. I'm not impressed. I own a lot of Dr. Dr. This is an excellent launching pad to healthier living, particularly if you have no idea the place to start.. Weil has amazing tips to deal holistically with swelling. Excellent book for those who are sick and don't know where to start out. Five Stars LOVE IT It requires commitment though! The items are not difficult to do, but you really need to do them consistently and form good behaviors, which is the hard component. But if you really want it, you can do it quickly. I don't treat this as a plan to remedy disease or to lose weight, but instead as a base for an improved everyday lifestyle. Certainly recommend to Five Stars good reading Four Stars Andrew Weil is credible. Well Written and Common Sense Written in basic English without all the medical jargon, this book requires a good sense and holistic method of wellness Great information - but I would like a current edition (that is 12 years old) I'm still reading this... Highly recommend this to everyone who value their health! Lots of info out there that feels more updated and useful. I've incorporated many of his suggestions and I've more energy and don't get sick as often. This book offers you a good foundation of important things your body must heal itself.



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