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Five Point Plan: Simple Truths for Healthy Living

By James R. Cooper

B Jain Publishers Pvt Ltd. Paperback. Book Condition: new. BRAND NEW, Five Point Plan: Simple Truths for Healthy Living, James R. Cooper, Achieve optimum health, overcome disease, be beautiful and grow younger! Learn exactly what to do, and how to do it. This book has it all. This book takes the reader on a step-by-step journey of discovery into the building blocks of health and well being. Written in an easy-to-understand and concise way, it provides a strong basis of an all round knowledge of health for both the layman and healthcare practitioner. It features: the critical role of water and salt in healthcare; foods that will aid a full recovery from disease; the ancient art of urine therapy de mystified; powerful Yoga Chi Kung exercise system; numerous charts, diagrams and photographs; recipes for super healthy snacks, juices and elixirs; how to make colloidal silver for the price of water; and, useful book list and Internet resource links.

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