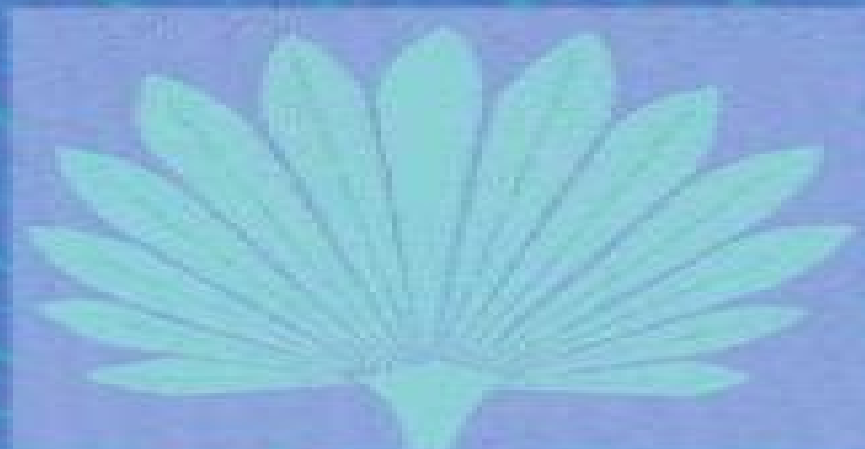




OPTIMAL HEALTH

How to Get it,

How to Keep it



Dr. Randy W. Martin O.M.D., L.Ac., Ph.D.

Optimal Health How To Get It How To Keep It

William James Cromie



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American Phrenological Journal and Life Illustrated ,1909 Good Housekeeping ,1928 **Forecast** ,1925 **George W. Bush: bk. 2. July 1 to December 31. 2003** United States. President (2001-2009 : Bush),2006 Congressional Record United States. Congress,1994 **American Agriculturist** ,1901 **Exercises with the Medicine Ball ; Indigestion**

Treated by Gymnastics William James Cromie,1928 **The Delineator** R. S. O'Loughlin,H. F. Montgomery,Charles Dwyer,1922 *The Character Builder* ,1903 **The Gift of Sleep** Bolton Hall,1911 *Perfect Health and Fruits* Padmini Singla,2025-07-19 Why do we often encounter various diseases once we reach forty or earlier Is it nature's intention for us to suffer in later life or is it due to our lifestyle choices Despite consuming nutritious food leading active lives and enjoying relaxation we still face ageing and illness Shouldn't health be as effortless for us as it is for other creatures on Earth Who else on earth needs to try hard to be fit and healthy Should health not be our essential nature The reality is that our diet plays a crucial role in our health Fruitarianism a diet rooted in love respect and compassion for all living beings is not just a key to our well being but a fountain of youth Through Perfect Health Fruits I share my journey and insights into the Essentials of Perfect Health and our species specific diet By embracing healthy living practices and a natural diet of fruits we cannot only prevent disease but also rejuvenate our bodies remaining energetic and youthful well into our 70s and 80s much

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