



# 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

**J Elliott**



## **Optimal Health How To Get It How To Keep It:**

*Optimal Health* Randy W Martin,1998-07-01      *Food Sanity* Dr. David Friedman,2018-02-20 During his 25 years as a holistic practitioner and health expert on syndicated TV and radio Dr David Friedman has interviewed hundreds of world renowned doctors and best selling authors From proponents of a Vegan Paleo Mediterranean Diet Keto to a Gluten Free and Low Carb Diet the opinions are as different as night and day After becoming frustrated with all the conflicting research and opinions Dr Friedman wrote Food Sanity which explores all the fads facts and fiction Using a common science meets common sense approach this groundbreaking book finally answers the question what should we be eating In this International award winning 1 best selling book Food Sanity shares never before heard nutritional and dieting advice that will ensure they get the maximum benefits from their food and dietary supplements Unfortunately people can't solely rely on scientific studies because those can change sometimes weekly Plus many of them are bought and paid for Dr Friedman breaks through the culinary conundrum and offers an easy to follow blueprint to getting healthy losing weight and preventing disease

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