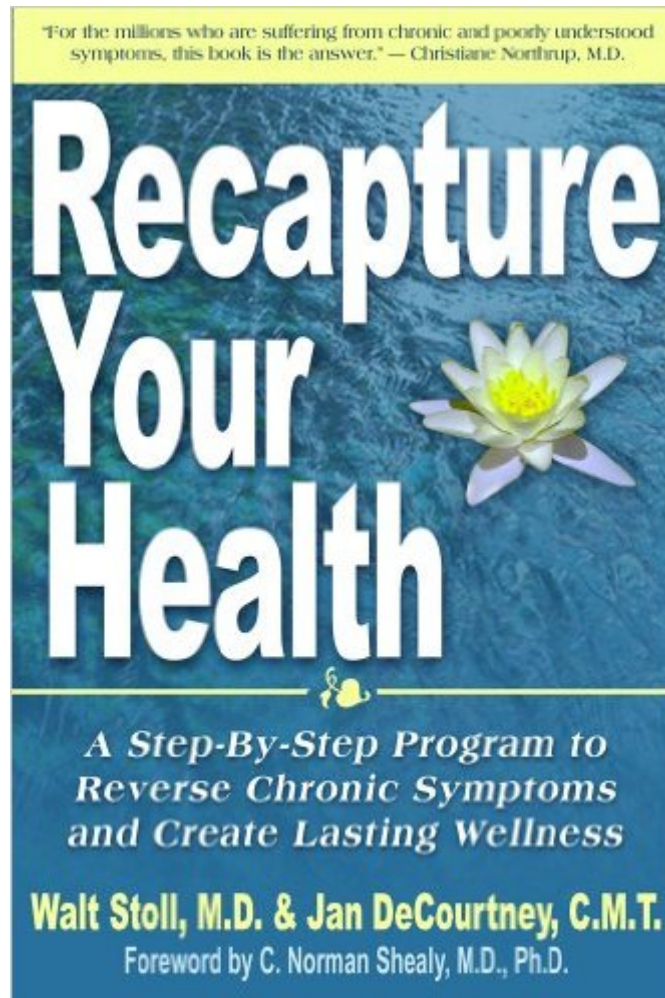


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# Recapture Your Health



## Synopsis

Recapture Your Health presents an empowering, easy-to-follow health-improvement protocol called the 3LS Wellness Program. This combination of unique relaxation, diet, and exercise techniques can reverse chronic conditions, heal degenerative diseases, improve lifestyle conditions, and help one achieve a state of vibrant health. The 3LS Wellness Program supports the body to heal itself, thus a majority of conditions can be addressed. Sufferers of major conditions like fibromyalgia, arthritis, and diabetes, along with individuals experiencing common "nuisance" symptoms like recurrent headaches, allergies, and fatigue, will see improvement or complete reversal of their health problems. The 3LS can be a godsend to people who have tried everything and have not gotten better, who have puzzling or unusual symptoms, whose doctor cannot provide a diagnosis, or who don't have health insurance. It is also very effective for mental/emotional symptoms, and for people who have been injured and cannot find relief from pain. This unique program is very adaptable to the interests, age, and ability of a broad range of the population. Part I describes the three basic practices and how to apply them in daily life in the real world, thus avoiding common social and other pitfalls that usually derail most people from improving their health. Part II discusses the basic causes of illness and how the program addresses them, so that they can be applied consciously rather than by rote. Separate chapters give additional self-help practices, tips for working with practitioners, and instructions for using the 3LS for mental and emotional symptoms including depression, anxiety, alcoholism, schizophrenia, ADD, etc. A helpful resource guide includes a long list of recommended books and troubleshooting sections keep people moving forward dynamically in their healing process. An appendix for practitioners of all modalities gives tips for offering the program to patients or clients, especially those whose symptoms have not been relieved by clinical methods. The name "3LS" is derived from the image of a wooden 3-Legged Stool such as you might find on a dairy farm. The three practices, like the three legs of a stool, are the basic support for total health. Dr. Stoll developed the program during his 38+ years as a medical doctor, and Jan DeCourtney provides additional perspective as a certified massage therapist. Both authors have followed this program to help their own health and bring the program to life by including details that make all the difference in being successful. Recapture Your Health is written in an easy-to-read and understand format. Thousands of people have improved their health using this protocol.

## Book Information

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## Customer Reviews

"For the millions who are suffering from chronic and poorly understood symptoms, this book is the answer." -- Christiane Northrup, M.D.If you are well and want to stay well--or if you have one of the hundreds of illnesses and chronic ailments, this books will give you hope.Their three-step wellness program details the protocol for Relaxation, Diet and Exercise that has proven successful in reversing chronic illness OR helping you maintain good health and prevent illness.If you want and need answers now, you can get the general idea by reading the chapter-end summaries. However, the authors encourage you to read every word to really understand this program.Their quick-start guide to three aspects explain:1. Skilled relaxation/mediation to be done 20 minutes one to two times a day.2. Perfect whole foods diet (eliminate all refined foods from your diet and eat only whole food--food that has had no parts removed).3. Right exercise--choose something you like to do and enjoy it for 20 minutes three days a week.Do you have or know someone with a chronic illness? Everyone does! Following is a sampling from list on page 79.fibromyalgiachronic fatigue syndromerheumatoid arthritishypoglycemiaacnehigh cholesterolchronic sinus problemgum/teeth/jaw problemsfood hypersensitivitiesgastric issuescandidiaOver the years, I've had several clients who were alternative healthcare givers, and still I was shocked that so many "diseases" as defined by traditional (allopathic) medicine can be helped by these three mind/body methods.

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Health Care Systems, Networks, Alliances, Health Organizations, Agencies, ... Association Guide to the Health Care Field) Public Health Nursing - Revised Reprint: Population-Centered Health Care in the Community, 8e (Public Health Nursing: Population-Centered Health Care in the Community) The 30 Day Total Health Makeover: Everything You Need to Do to Change Your Body, Your Health, and Your Life in 30 Amazing Days A Delicious Avocado Cookbook for Health Nuts!: Only the Best Avocado Recipes to Achieve Vibrant Health and Omega Acid Superpowers (The Health Nut Cooking Collection 1) Environmental Health: From Global to Local (Public Health/Environmental Health) The Acid-Alkaline Diet for Optimum Health: Restore Your Health by Creating pH Balance in Your Diet Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Change Your Gambling, Change Your Life: Strategies for Managing Your Gambling and Improving Your Finances, Relationships, and Health Health: The #1 Health Book Bundle To Sizzle The Weight Off Your Body In 7-Days Forever! (Weight Watchers, Atkins Diet, Blood Type Diets, Low Carb, Healthy) Back to Health by Choice: How to Relieve Pain, Conquer Stress and Supercharge Your Health the Chiropractic Way User's Guide to Treating Hepatitis Naturally: Learn How Supplements Can Reverse Symptoms of Hepatitis and Improve Your Health (Basic Health Publications User's Guide) Simple Qigong Exercises for Health: Improve Your Health in 10 to 20 Minutes a Day Chelation Therapy and Your Health (Keats Good Health Guides) PEMF - The Fifth Element of Health: Learn Why Pulsed Electromagnetic Field (PEMF) Therapy Supercharges Your Health Like Nothing Else! MindTap Health, 1 term (6 months) Printed Access Card for Hales' An Invitation to Health: Building Your Future, Brief Edition, 8th (MindTap Course List) Health Literacy From A To Z: Practical Ways to Communicate Your Health Message Understanding Equine Medications: Your Guide to Horse Health Care and Management (Horse Health Care Library) Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care)

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