



# **Everlasting Health - Humanity's Guide to Understanding, Avoiding, and Reversing Disease**

*Robert Bernardini*

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Special \$10 off to celebrate the release of the 3rd printing, now just \$14.95! Additions and updates include: a no-treatment, no-cost way to eliminate pain many celebrities have used (like John Stossel, Howard Stern) that the regular person doesn't know about; a unique and cost-free way to prevent and reverse arthritis; and, natural ways to handle autism and ADHD. This is truly the natural health book that dares to break the rules. Over 1,400 references to medical journals, government transcripts, historical citations, and medical text books are used to prove the truth about disease the medical establishment doesn't want you to know. Learn the fundamental flaws in current medical theories, the cover-ups, the lies, and the real reasons people get sick and how to ensure you and your loved ones may avoid and even reverse virtually any disease. From before birth to the golden years, this book addresses all ages and aspects of health, from pregnancy to seniors. Plus, it shows you how to save money on health care four different ways with a complete Resource Guide to help you find what you need. Most medical doctors, cancer researchers, drug companies, the FDA and especially the CDC, hate this book because it reveals their lies and the true and lasting ways to get really healthy. Discover: why many vitamin pills and capsules are doing you more harm than good (find out what ones are good, what ones are harmful); where to get the only kind of nutrition the body can use to heal; why herbal treatments are only remedial and can be toxic; a revolutionary way to pump oxygen to every cell in your body that costs absolutely nothing; simple ways to beat depression that may make you and your kids happier and calmer; the real truth about vaccines and childhood diseases; how to make your own probiotics; why long-duration aerobic exercises may damage your heart and the best way to exercise for immediate and lasting improvements; the incredible but true micro-bio misconception and how it's used to drain you of money and make you sicker and more dependent on doctors and drugs; what's really happening with cancer research and incredible new all-natural ways to treat cancer. You'll learn the real reasons people get sick that doctors and researchers don't want to admit to and how you can ensure you and your loved ones, regardless of age or condition, may become and stay healthy forever. This amazing health and healing concept has been suppressed and kept secret since the time of Florence Nightingale (the famous nurse) for over a century or has been forgotten about so that even well meaning health professionals are looking in the wrong direction for cures. Nurse Nightingale said, 'Is it not living in a continual mistake, to look upon diseases as we do now...? [This mistake] is the grand refuge of weak, uncultured, unstable minds, such as now rule the medical profession...' Learn what nurse Nightingale knew and how to use it to save yourself the trouble and heartache of chasing cure after cure that don't, and can't possibly, work. Topics covered in this book include: cancer, heart disease, diabetes, weight control, autism & ADHD, arthritis, asthma & allergies, depression, Parkinson's Disease, Alzheimer's Disease, insomnia, headaches, sexual dysfunction, infertility, osteoporosis, fibromyalgia, sudden infant death syndrome, vaccines, birth defects, and more. There's a special section on how a specific kind of nutrition may actually turn off the hunger centers in your brain - automatically - making it much easier to lose weight and keep it off. Another section discusses Alternative Health Landmines - products and practices health-seekers have been lead to believe are healthy, when they are anything but. This book has been called the best health book of all time by many. Read it, and you'll see why. (Kindle edition has been updated and formatting corrected

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