



Natural Health and Disease Prevention

Alfred Anduze M.D

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How can I live longer and maintain good health into old age? How can I keep my eyesight and hearing intact? How can I reduce the risk of getting Alzheimer's, heart disease, cancer, arthritis, and diabetes? How can I cut back on the frequency of doctor visits, avoid being dependent on multiple medications and being hospitalized? What foods can I eat to prevent disease? What foods should I avoid? Natural Health and Disease Prevention identifies the root causes of disease and debilitation and provides viable options for avoidance and minimal involvement. Through the six basic lifestyle strategies of exercise, proper nutrition, stress management, social connections, mental stimulation, and avoidance of toxic exposure and risky behavior, one can greatly reduce the risks of disease and improve or maintain good health. Specific strategies provide clear procedures for early recognition, prevention, and natural treatment measures on each adverse condition.

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