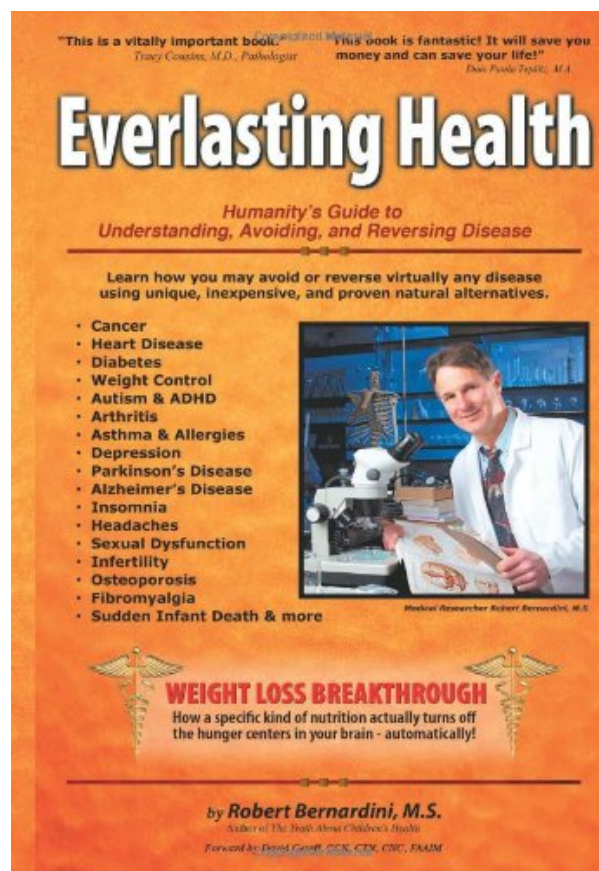


EVERLASTING HEALTH - HUMANITY'S GUIDE TO UNDERSTANDING, AVOIDING, AND REVERSING DISEASE BY ROBERT BERNARDINI



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Tracy Couster, M.D., Pathologist

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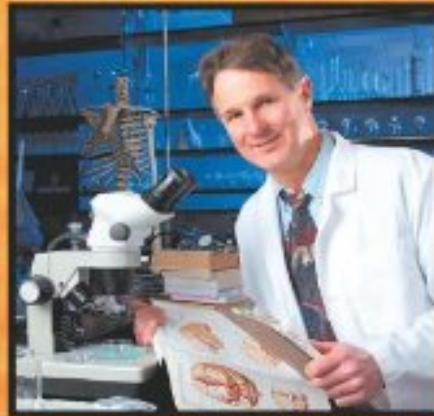
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Everlasting Health

*Humanity's Guide to
Understanding, Avoiding, and Reversing Disease*

Learn how you may avoid or reverse virtually any disease using unique, inexpensive, and proven natural alternatives.

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- Diabetes
- Weight Control
- Autism & ADHD
- Arthritis
- Asthma & Allergies
- Depression
- Parkinson's Disease
- Alzheimer's Disease
- Insomnia
- Headaches
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Medical Researcher Robert Bernardini, M.S.



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by **Robert Bernardini, M.S.**

Author of The Brain Above Childhood Health

Foreword by David Geфф, CCS, CTX, CPC, FAAM

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Review

I wanted to let you know that my father who is 87 has ordered at least 15 copies of your book and has given them to all of his children and grand children. He thinks your books are the best that he has read (and believe me, he and Mom have a lot of books on natural health and organic foods). He also sent your book on children's health to my daughter who has three children. She has read it cover to cover and found it to be a great help and comfort. (Sara Osborne, Reader) This is a vitally important book. The author has done his research and has discovered the probable causes for most of the illnesses and diseases. He then shows the courage to confront big business, the government, and the medical establishment and reveals the misinformation that is propagated due to greed and power. He exposes the numerous dangers in our food supply and environment and then explains in clear and understandable English how to live to achieve optimal health, even addressing the proper growth and development of infants and children. I think Robert's books are excellent! (Tracy Cousins, M.D., Pathologist) A brilliant combination of modern science and innate wisdom, *Everlasting Health* is a compendium of invaluable information, resources and references. Bernardini unravels the complexities, misunderstandings, and deceptions in our modern health-care system and serves up a compelling, original, and workable recipe for health. This book will save you money and can save your life and preserve life for our future generations. (Dale Paula Teplitz, M.A.) *Everlasting Health*, is astonishingly comprehensive and really an encyclopedia of how to attain good health. Do you need information about heart disease, arthritis, cancer, diabetes, autism, asthma, ADHD, or memory problems? It is in there and more. It concentrates on helping you address these problems in a supportive, holistic way, while at the same time shedding light on the often-times damaging effects of mainstream medical practices and drugs. Robert references an amazingly wide range of scientific research for validation which will allow the reader to prove to any non-believer, that what is in this book is not hocus-pocus, but is indeed based on valid science. If this book were to become required reading it could cut our national health care budget in half in five to ten years. If it was required reading in the public school systems, it could change the country. (David Getoff, CCN, CTN, CNC, FAAIM) The author fearlessly addresses an array of controversial topics including birth defects, infertility, soy, vaccines and SIDS. He gives extensive advice on what to avoid but also has plenty of support and resources on ways to deal with any problem. I particularly enjoyed his Food for

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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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Features

- Used Book in Good Condition

Review

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By B. Brown

This book has information in it you NEED to know. Let's face it, we live in a poisonous, dangerous, misinformed world that cater to giants of industry, commerce and government. Many accepted products and practices are extremely detrimental even deadly, like mercury and vaccines and pesticides for example, and this book points them out and explains them with logic and common sense. This book exposes those things that are dangerous but, at the same time, gives you a roadmap to good, clean "everlasting health". That is the point. YOUR good health. When you are sick nothing is more important than getting well. Everyone can get something out of this book. At the very least it is provocative and thought provoking. This book I will send to everyone I care about.

B. Brown, Arizona

2 of 2 people found the following review helpful.

A Wealth of Information, but not well written

By Sarah B.

The vaccination section of this book is very good and really tells it like it is...with a little shock value added! The suggestions on how to improve one's health are wonderful, and I'm going to try the recipes. Raw milk is a fabulous resource, eating organic and avoiding household chemicals are all addressed.

My only gripe with this book is that there are many many errors in spelling and grammar. For \$25 you would think the editors would have done a bit more work. It is distracting to say the least.

I do recommend this as a read, but with a warning: don't be fanatical about all the health risks listed here. We live in a tainted world and we can only do our best to protect ourselves, we cannot avoid all risks.

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