



The Great American Health Hoax: The Surprising Truth About How Modern Medicine Keeps You Sick-How to Choose a Healthier, Happier, and Disease-Free Life

Raymond Francis

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Described as "*one of the few scientists who has achieved a breakthrough understanding of health and disease,*" Raymond Francis draws deeply from his years of personal experience and professional training. A chemist and a graduate of MIT, Raymond exposes the truth about why the conventional approaches to health and disease aren't working. In *The Health Hoax*, Francis blends wisdom from his previous books with new information and research, then he pulls out all the stops and creates a simple roadmap to health so that you can get well, stay well and never be sick again.

Francis believes that, through education, we can put an end to the epidemic of chronic disease while providing a solution to the biggest social and economic problem of this century—the costs of global aging.

In *The Health Hoax*, Francis exposes the truth about how to stay healthy and introduces us to a way of life that can become a "highway to health", while he quite effectively demonstrates that we really don't have to be sick. Then, he reminds us that not only is there absolutely no fun in being sick, but we are going broke trying to pay the cost. Francis realizes that the only solution for individuals and society as a whole is to maintain health. But health is a solution that we must choose, and once we make that choice, we must learn how to achieve it.

Fortunately, learning how to be healthy has never been easier—*The Health Hoax* makes it simple. Because the human organism is a magnificent self-regulating, self-repairing system, it is capable of being completely functional and in excellent health for well over 100 years of vital, productive life. We are the sum of everything that goes into our system – it is our job to support it. When we make the choice to properly care for ourselves, our bodies will reward us with the gift of good health and long life. All we need is a tool to help us master the elements of health that are the most important. This book is that tool. It will empower you to choose health and never be sick again!

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