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Health Smart

Walter C. Thompson



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Our world is in the midst of a health care crisis. Knowledge and technology such as never before known have made it possible to do all kinds of medical wonders. Yet, most of the people living on the planet today do not have access to even the most basic of health care.

For some, it is cost—for many others—inaccessibility. Around the world each day, millions of people are suffering and dying prematurely of completely preventable conditions, all because of ignorance or because of health destroying practices that they seem unable to change.

In Health Smart, you will find:

-Helpful information designed to reduce your need for expensive and inaccessible health care;

-Recommendations for managing many health-care problems in an effective and efficient way when they do arise;

-Instructions for self-care in those places and under those circumstances where health-care may be inaccessible for whatever reason;

-A spiritual component providing a healing link between the physical, mental and social aspects of health.

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