



A Healing System: Rays of Hope and a Silver Lining

Stuart Farrel

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EDITION 10 NOW AVAILABLE

THIS 9TH EDITION IS OUT OF PRINT

This HOW TO book contains a collection of disease reversing, health improving practices, compiled from research done by world renowned medical researchers and physicians who are leaders in their fields. The author, his family and friends have also successfully tested aspects of the Healing System.

Disease-Reversing Topics

1. A science-identified **optimum diet** found to reverse and prevent 5 of the top 7 killer diseases and many more.
2. The very significant role **attitude** plays in health.
3. A Mayo Clinic article suggested **hydration plan** to maintain proper fluid levels.
4. A low impact **exercise regimen** important for keeping the body **physically capable and toxin free**.
5. A method of **reversing Alzheimer's** that a Tampa area doctor used successfully on her husband.
6. Lists of **diet-related diseases** helped by the Healing System.

Also, the book has more than twenty white papers (appendices) on relevant topics like Gallbladder removal, GMO tragedies, Health pioneers of history, China Study book report, Electromagnetic radiation, Biographies of key researchers, Perspectives on the common cold, Reasons we avoid change, and more.

This book was written because there is information that you need, information that is critical to your health. This information is not provided through the media. On the contrary, most media are part of the problem.

World famous cardiologist Dr. Caldwell B. Esselstyn, in landmark clinical trials, has proven that **diet is the leading cause of death** in the United States. **However, the healthiest diet is known to science** and that diet is described in the book.

Parents should be interested in **A Healing System** because their children are in jeopardy. It does not have to be this way.

Why have you not heard this before? It is a very good question, and one that is answered in the book. And yet scientific research, clinical trials, and a mountain of statistically-significant evidence are available and conclusive.

If the **Standard American Diet** is so bad, then why are so many people apparently healthy? This question is answered, and the answer will surprise many of you.

A Healing System is actually two books.

1. The healing system described and supported in chapters, tables, lists, reference sheets and more, plus
2. The 20 appendices which provide essays on various health topics as well as additional supporting evidence for the book's contents.

A reader's interest in this book probably relates to the answer to one question, "How important is your health and the health of your family?" If you do not have your health, then enjoying family, friends, vacations, wealth, or even life itself are doubtful.

May you always have good health,
Stuart Farrel

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