



The Secrets of People Who Never Get Sick (Hardback)

By Gene Stone

Workman Publishing, United States, 2011. Hardback. Book Condition: New. 218 x 160 mm. Language: English . Brand New Book. Meet Bill Thompson, an entrepreneur in his early sixties who has the EKG of a 20-year-old and hasn't had a cold in over two decades. Bill's secret? Every morning he dunks his head in a basin of warm water and , hydrogen peroxide, a powerful natural germ killer that has the added benefit of making Bill feel as invigorated as a teenager when he comes up for air. Meet Dr. Robert Fulford, whom Andrew Weil considered one of the world's greatest healers, and who, even into his nineties, continued to see patients and was healthier than most people half his age. His secret: a daily set of stretching exercises that he claims stimulate the body's life force, a force too easily blunted by illness, trauma, and even bad breathing habits. Meet Barbara Pritzkat, a now 83-year-old archaeologist with incredible stamina and health, who attributes her well-being to a morning tonic of brewer's yeast-a treasure trove of B vitamins that's also protein-rich and a good source of selenium, copper, iron, zinc, and other minerals. The stories...



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