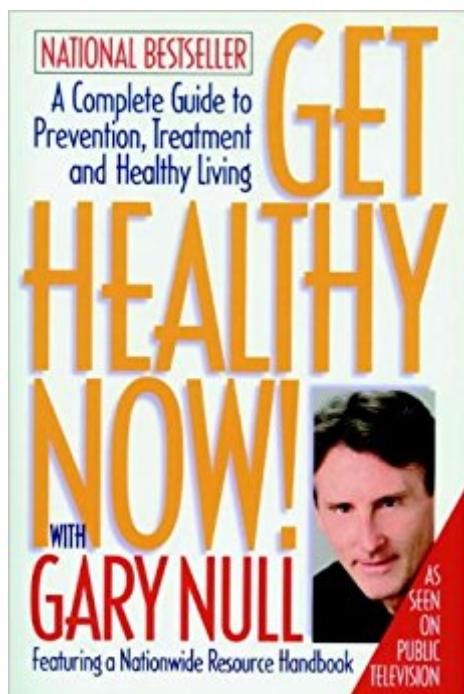


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# Get Healthy Now! A Complete Guide To Prevention, Treatment And Healthy Living



## **Synopsis**

This comprehensive guide to healthy living offers a wide range of alternative approaches to help you stay healthy. These may be approaches your conventionally trained doctor wasn't taught in medical school. Some are supported by thousands of years of use in other societies, some have been discovered or refined in recent years. When used correctly, they may improve your health--or even save your life--as the better alternative to drugs, surgical intervention and other standard Western techniques. Get Healthy Now! with Gary Null is your ABC of basic and enhanced nutrition, detoxification, prevention, treatment, exercise, beauty, and longevity, with special sections on women's health issues, and health areas of special concern to men. Get Healthy Now! also features more than 200 pages of alphabetical, state-by-state listings of alternative health practitioners nationwide.

## **Book Information**

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## **Customer Reviews**

Null, who has a Ph.D. in human nutrition and public health science, has written more than 50 books and has a syndicated radio program on health. One can only hope that what was omitted to reduce 1000-plus pages to a six-hour recording is not significant information that would affect the results of using any of the therapies or regimens. Oddly the work is not narrated by the author, who as a radio-show host obviously has public-speaking experience; it is competently presented by reader Robert Deyan. Anyone who wants to follow any of Null's advice would probably want the written version for review and reference. Purchase for public libraries where demand warrants.-Nann Blaine Hilyard, Lake Villa Dist. Lib., IL Copyright 2000 Reed Business Information, Inc. --This text refers to

an out of print or unavailable edition of this title.

Nutritionist and natural-living advocate GARY NULL is one of America's leading health and fitness writers. The author of dozens of books and hundreds of medical articles, Null's film documentaries on the politics of health have won awards around the world, and his daily and weekly radio broadcasts educate millions on nutrition-based approaches to wellness and disease prevention.Â

In order to get healthy, you'll need to take control of your own body and the best way to do that is by reading Gary Null's book "Get Healthy Now!". Most MD doctors prescribe prescription drugs that only helps with treating the symptoms you have. They do not cure you. If anything, over time, you will need more drugs to counteract the side effects (which can be worst than what you're being treated for) of the original prescription drug and you will only get sicker and sicker over time and will require more and more prescription drug. You can completely eliminate any illness by giving your body what it really needs to replenish itself of vital nutrients your body needs.

Once again Dr. Gary Null, unlike many of today's over-hyped TV doctors and infomercials, keeps it totally real and understandable when it comes to living by better health habits. We all will get older --- if we're lucky. What matters is the quality of our health over the decades. Dr. Null quietly and fully, without hype or celebrity fanfare, gives the facts versus fantasies about real good health.

This book is very helpful. It's very big and has a lot of information. It's not an easy read and I had to have a pen and notebook handy to jot down notes from one chapter to the next. Lots of good stuff in here, just not plain and to the point. There's no "getting healthy now", more like "get healthy in a month after you finish reading this and replace all of the junk in your pantry".

For those of us who "know" Gary Null, through his radio program on WBAI (99.5 FM in NYC), there is no doubt that he is very knowledgeable, and has and can provide valuable information. Some of which I have benefitted from. However, this book is not it. We also know that his ego is as large as they come, and that from this book, that he has a negative self image. Why do I say this? His books (and products) include words such as "The Ultimate Guide..." or "The Complete Guide..." It's a sign not only of arrogance, particularly, as most of the reviewers comments have pointed out, the book lacks information, but also a need to prove himself or see himself as "the one." I agree with the

reviewers who did not like the book, and I did return this book for a refund -- the first book that I recall doing so. This book is far from "Complete." Try looking up something as simple as how to determine what your daily carbohydrate intake might be. Its not there. Or as one reviewer pointed out, the importance of arginine for treating heart disease is also missing from this "Complete" book. This is a poorly written, overly-wordy book that is painful to read, and an exercise in grandiosity, demonstrating that Gary is trying to "prove" his importance. While there may be some "good" information in it, ie, his protocol for hair/reversing the aging process, I concluded that it is not worth the money. I think that for people that have not heard Gary over the years that he has been on WBAI, may find the information useful and the book more acceptable. But I also think the positive reviewers may be more of a cheering section for Gary, rather than objective critics. When Gary promotes his books on the radio, he marvels at the size of the book - how many pages it contains. Gary should know, that while initially size may be an attention grabber, "ULTIMATELY" it's not the size that counts, its how you use it. Rather than simply taking excerpts from the books of others, seemingly without any thought as to what is being said, Gary could have presented the information in a more succinct and meaningful way, making the book more worthwhile and palatable.

This book is way to thick. They should have made the pages 8 by 11 and the book half as thick.

you cannot get info that you need from this book because he always refers you to different books that you have to purchase.

This book is great! The price was low, it arrived on time, and it covers every aspect of health and fitness you could possibly want. Vicki

This book, which I am still reading, is kind of reference book, and I recommend everybody to read it. It shows you how to eat and live healthy. I've learned a lot from this fantastic book, and I love to have it in my library.1

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