



The Secrets of People Who Never Get Sick: What They Know, Why It Works, and How It Can Work for You

Gene Stone

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Who does not want to be healthier? Now in paperback: the book that Andrew Weil calls “*offbeat, informative, and fun . . . a great read,*” and that has been praised as “*a delightful dance through science*” (*New York Times* bestselling author Mark Hyman, M.D.) and as a “*remarkable and insightful book [that] offers you the chance to achieve the best health of your life*” (Mark Liponis, M.D., Medical Director, Canyon Ranch).

Written by bestselling author Gene Stone, *The Secrets of People Who Never Get Sick* arose from his desire to discover what might actually prevent him from getting sick himself. This book, the result of that exploration, tells the stories of twenty-five people who each possess a different secret of excellent health—a secret that makes sense and that Stone discovered has a true scientific underpinning. There are food secrets—why to take garlic and vitamin C, eat more probiotics, become a vegan, drink a tonic of brewer’s yeast. Exercise secrets—the benefits of lifting weights, the power of stretching. Environmental secrets—living in a Blue Zone, understanding the value of germs. Emotional secrets—seek out and stay in touch with friends, cultivate your spirituality. Physical secrets—nap more, take cold showers in the morning. And the wisdom that goes back generations: Yes, chicken soup works.

The stories make it personal, the research makes it real, and the do-it-yourself information shows how to integrate each secret into your own life, and become the next person who never gets sick.

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Michael Auten:

This *The Secrets of People Who Never Get Sick: What They Know, Why It Works, and How It Can Work for You* are usually reliable for you who want to be described as a successful person, why. The main reason of this *The Secrets of People Who Never Get Sick: What They Know, Why It Works, and How It Can Work for You* can be one of several great books you must have is giving you more than just simple studying food but feed an individual with information that might be will shock your previous knowledge. This book is handy, you can bring it just about everywhere and whenever your conditions in the e-book and printed kinds. Beside that this *The Secrets of People Who Never Get Sick: What They Know, Why It Works, and How It Can Work for You* giving you an enormous of experience including rich vocabulary, giving you demo of critical thinking that we all know it useful in your day activity. So , let's have it appreciate reading.

Ashley Staley:

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Roseann Flowers:

A lot of people always spent their particular free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity here is look different you can read the book. It is really fun for you personally. If you enjoy the book which you read you can spent the whole day to reading a e-book. The book *The Secrets of People Who Never Get Sick: What They Know, Why It Works, and How It Can Work for You* it is quite good to read. There are a lot of people who recommended this book. These people were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the particular e-book. You can m0ore easily to read this book from your smart phone. The price is not too costly but this book has high quality.

Ruby Martinez:

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book has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort to put every word into enjoyment arrangement in writing *The Secrets of People Who Never Get Sick: What They Know, Why It Works, and How It Can Work for You* however doesn't forget the main stage, giving the reader the hottest in addition to based confirm resource data that maybe you can be one among it. This great information could drawn you into brand-new stage of crucial considering.

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