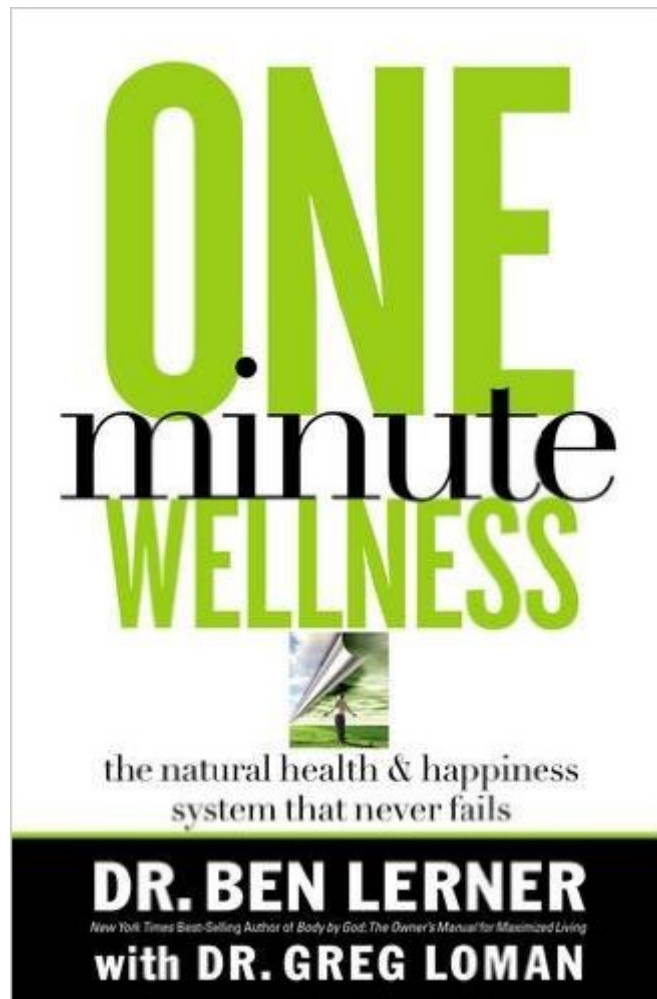


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# One Minute Wellness: The Natural Health And Happiness System That Never Fails



## Synopsis

No more dependence on cold medicines, prescription pills, and anti-depressants. With One-Minute Wellness, you will revitalize every area of your well-being. And the bonus fiction story uniquely illustrates the authors' strategies at work in ordinary lives-a terrific motivator as you optimize your own life.

## Book Information

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## Customer Reviews

FINALLY somebody wrote a book to fairly and accurately contrast the dominant models of health care in our country. The Mechanistic Model vs. the Vitalistic Model. Having been employed in Big Pharma for years and seeing the inner workings of an industry that HEAVILY influences doctors prescribing habits, I can say this book has hit the nail right on the head. Not only does it expose the fallacy that "drugs cure", but it also documents the devastation on health care in America through medical error and adverse drug reactions. Justly it properly positions the mechanistic model where it was INTENDED to be used.... Crisis and Trauma.... not healthcare. Most importantly, however, this book, eloquently and clearly gives the roadmap to outrageous health: spiritually, emotionally, and physically. As a Doctor, "One Minute Wellness", is on my MUST read list for my patients, my family and my friends. Kudos, Dr. Ben and Dr. Loman

I have been using the principles outlined in this book for four months now and I have to tell you, "DO NOT LISTEN TO THE NEGATIVE REVIEW!" This program and it's form of "quackery" has changed

my life. If you use the principles and the program as it is designed it does work. The length of time people spend in a doctors office does not denote the quality of care they receive. I have spent hours in medical doctors' offices and they have not fixed the problem. This program addresses fixing the cause while regular medicine only fixes the symptoms. Throw another pill at it, that will fix it. I have received more help, education and support from my quack doctor in four months than in all my 48 years of going to a regular medical doctor. If you want a rich rewarding life, free of drugs and toxins, with the energy to do whatever your hearts desire then purchase this book and find a "Maximized Living" Chiropractor in your area. Do yourself a favor, don't listen to the negative review. It was probably written by someone who didn't want to put the work into it. I won't lie, it is work, but the rewards you will receive will be unmeasurable.

A well written book using a unique style that tells a tale outlining problems on the left pages and a protocol of solutions on the right. At times, this proved to be somewhat distracting. My interest in this book was twofold: health care considerations because of my background as a general and plastic surgeon, and a passion to understand cultural issues that impact our lives. The content is based on alternative health care that mainly incorporates chiropractic teachings inclusive of spinal adjustments, and dietary, physical, emotional, spiritual, environmental, and cultural issues. Dr. Ben Lerner is a chiropractic physician, and is well known for his work in the Olympics. Many of his ideas, modalities, and suggestions are not new. He has, however, put together a summary of wellness protocol that includes: self-help, "Undiet" composed more of God's food and less of man's food, exercise (thinner is not healthier), peace of mind and great relationships (to avoid negative stress), maximizing living, and a list of God's foods. The case made against modern medicine has some merits, but it would be too simplistic to trash centuries of progress, considering the necessity for modifications that cannot take place without a change in socio-cultural attitudes. And, so, his point about our culture and how it affects behavior is right on target...and in full agreement with the title: Precious Souls: A Culture Unraveling. Indeed, the case against pharmaceutical companies advertising prescription drugs with a set of symptoms, is quite troubling. He calls it " ...holy alliance with the doctors..." Admittedly, we are as a nation, overtreated, overmedicated, and perhaps overoperated. I recommend it for its helpful outline in self-help, alternative health care, and cultural issues, but these measures should be part of, and not a substitute to modern medicine; not withstanding the point that the system (the culture actually) needs fixing.

I am a wellness advocate and really like a lot of the practical information in the book. It is explained

so that anyone can grasp the concepts easily. I like the nutrition, exercise, and spiritual aspects and believe that those three things are the key to ultimate wellness. I don't really see how chiropractic practice comes into play. I believe that chiropractors can indeed help a person who is having difficulties. Unfortunately this book gives a clear message that you can't have true wellness without it. I believe that if you follow good nutrition, exercise and spirituality that you minimize the need for a chiropractor.

I work in the wellness industry and my patients have read this book and formed a love/hate relationship with it. The info that this book brings to light is shocking. Everyone needs to be educated on this material, it will save your life! I have changed the way my clinic helps people my saving from our system that kills people, yikes!

This book changed my life. I am able to understand more about my body, as well as what I am putting into it. I also see the importance of chiropractic, when I was unsure of it before reading this. The book allows you to better understand your body and foods that will help you achieve your full potential since many of us are following a diet of processed unhealthy foods. It also talks about ways to maximize your life through strong relationships and stress management.

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