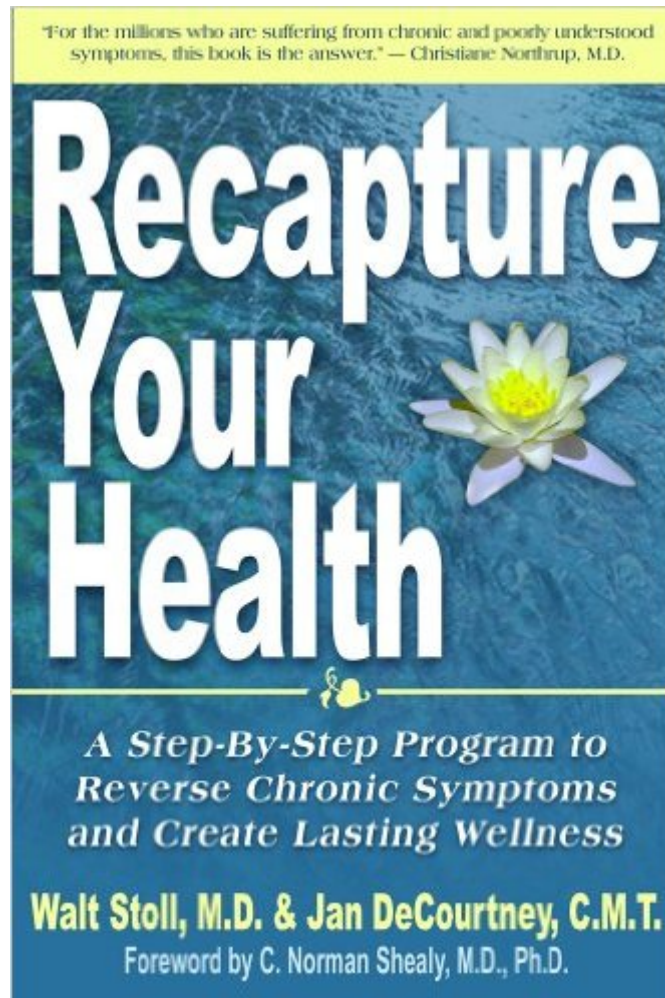


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# Recapture Your Health



## Synopsis

Recapture Your Health presents an empowering, easy-to-follow health-improvement protocol called the 3LS Wellness Program. This combination of unique relaxation, diet, and exercise techniques can reverse chronic conditions, heal degenerative diseases, improve lifestyle conditions, and help one achieve a state of vibrant health. The 3LS Wellness Program supports the body to heal itself, thus a majority of conditions can be addressed. Sufferers of major conditions like fibromyalgia, arthritis, and diabetes, along with individuals experiencing common "nuisance" symptoms like recurrent headaches, allergies, and fatigue, will see improvement or complete reversal of their health problems. The 3LS can be a godsend to people who have tried everything and have not gotten better, who have puzzling or unusual symptoms, whose doctor cannot provide a diagnosis, or who don't have health insurance. It is also very effective for mental/emotional symptoms, and for people who have been injured and cannot find relief from pain. This unique program is very adaptable to the interests, age, and ability of a broad range of the population. Part I describes the three basic practices and how to apply them in daily life in the real world, thus avoiding common social and other pitfalls that usually derail most people from improving their health. Part II discusses the basic causes of illness and how the program addresses them, so that they can be applied consciously rather than by rote. Separate chapters give additional self-help practices, tips for working with practitioners, and instructions for using the 3LS for mental and emotional symptoms including depression, anxiety, alcoholism, schizophrenia, ADD, etc. A helpful resource guide includes a long list of recommended books and troubleshooting sections keep people moving forward dynamically in their healing process. An appendix for practitioners of all modalities gives tips for offering the program to patients or clients, especially those whose symptoms have not been relieved by clinical methods. The name "3LS" is derived from the image of a wooden 3-Legged Stool such as you might find on a dairy farm. The three practices, like the three legs of a stool, are the basic support for total health. Dr. Stoll developed the program during his 38+ years as a medical doctor, and Jan DeCourtney provides additional perspective as a certified massage therapist. Both authors have followed this program to help their own health and bring the program to life by including details that make all the difference in being successful. Recapture Your Health is written in an easy-to-read and understand format. Thousands of people have improved their health using this protocol.

## Book Information

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## Customer Reviews

"For the millions who are suffering from chronic and poorly understood symptoms, this book is the answer." -- Christiane Northrup, M.D.If you are well and want to stay well--or if you have one of the hundreds of illnesses and chronic ailments, this books will give you hope.Their three-step wellness program details the protocol for Relaxation, Diet and Exercise that has proven successful in reversing chronic illness OR helping you maintain good health and prevent illness.If you want and need answers now, you can get the general idea by reading the chapter-end summaries. However, the authors encourage you to read every word to really understand this program.Their quick-start guide to three aspects explain:1. Skilled relaxation/mediation to be done 20 minutes one to two times a day.2. Perfect whole foods diet (eliminate all refined foods from your diet and eat only whole food--food that has had no parts removed).3. Right exercise--choose something you like to do and enjoy it for 20 minutes three days a week.Do you have or know someone with a chronic illness? Everyone does! Following is a sampling from list on page 79.fibromyalgiachronic fatigue syndromerheumatoid arthritishypoglycemiaacnehigh cholesterolchronic sinus problemgum/teeth/jaw problemsfood hypersensitivitiesgastric issuescandidiaOver the years, I've had several clients who were alternative healthcare givers, and still I was shocked that so many "diseases" as defined by traditional (allopathic) medicine can be helped by these three mind/body methods.

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