



# **Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health Through Nutrition and Lifestyle**

*Neil Nedley, David Derosé, John A. Scharffenberg*

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# Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health Through Nutrition and Lifestyle

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## **Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health Through Nutrition and Lifestyle** Neil Nedley, David Derosé, John A. Scharffenberg

This 560-page book tells, in easy-to-understand language, how to fight disease and achieve optimal health through proper lifestyle and nutrition. Offers outstanding resource material and is packed with eye-catching visual aids. Although comprehensive enough to serve as a medical reference manual, it's much too interesting to leave on the shelf!



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