



## Forever Healthy: A Program for a Longer, Better, and Healthier Life (Paperback)

By Anthony J Alosi MD

iUniverse, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you are trying to overcome addiction, obesity, fatigue, and other medical problems, then it's important to look at all options, including alternatives to traditional medicine. Dr. Anthony J. Alosi spent almost forty years as a medical doctor in private practice, but now he also helps his patients through alternative means. Hypnosis, hypno-birthing, relaxation techniques, proper nutrition and exercise, and looking after the body as a whole instead of individual parts are often the best ways to solve difficult ailments. The knowledge and advice in this guidebook can help you stop smoking, lose weight, give birth without feeling pain, reduce or eliminate back and neck pain, and overcome insomnia. By taking an integrated approach, it's possible to solve a multitude of physical and mental problems. Sometimes, you can eliminate problems altogether just by changing how you think about things. Take action now to eliminate the obstacles that prevent you from fully enjoying life with proven guidance that will allow you to be Forever Healthy.



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