



The Wellness Revolution: A Chiropractic and Natural Approach to Optimal Health (Paperback)

By Cf Dr Christopher C Weaver DC

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The decline in our society's health, despite advancements in modern medicine, is a sign that something has to change regarding our current approach to health. More and more people find themselves sick and suffering, and not living the life they wish they could. Chiropractic offers a gentle, natural, and safe alternative to our current way of thinking. This book helps to explain the Chiropractic model of health and wellness, as well as outlining the need for a Wellness Revolution. Included are simple and effective steps that you can take right now, in conjunction with Chiropractic Care, to express life at your highest level. Enjoy healthy eating guidelines, simple to perform exercises, health tips, and other wellness tidbits in an easy-to-follow outline for optimal health. The body has a miraculous ability to heal itself, and this book helps to show you how.



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