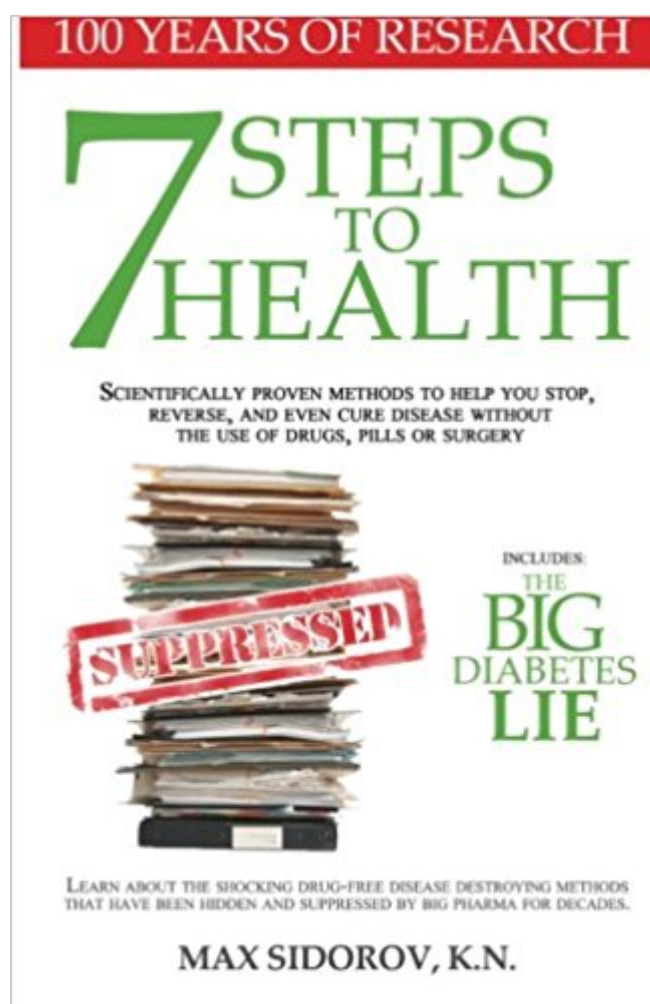


The book was found

7 Steps To Health: Scientifically Proven Methods To Help You Stop, Reverse, And Even Cure Disease Without The Use Of Drugs, Pills Or Surgery.





Synopsis

This book includes Part 1 and Part 2 of the '7 Steps to Health' series and The Big Diabetes Lie. Learn how to destroy diabetes, IBS, inflammation, asthma, high blood pressure, high cholesterol, chronic fatigue, and hundreds of other ailments. "This is single-handedly the best health book I have ever read" This is much more than a book, it is your key to becoming free from drugs, pills, crazy diets, surgeries, or complicated procedures once and for all. You are holding in your hands over 100 years of research conducted by Nobel Peace Prize winning doctors, world renowned scientists, and top researchers from all across the world. The information you are about to discover has been suppressed, hidden, and destroyed by giant pharmaceutical companies whose profits depend on you staying in the dark. Join me on this amazing journey through the never before seen world of corporate controlled 'health' and 'nutrition' where you will discover the behind-the-scenes workings of giant multinational corporations and institutes, whose only mission is to prevent you from knowing the real truth to eradicating your disease and illness forever. Millions of people needlessly suffer and die every year because of the greed and corruption that has spread throughout the industry of health and wellbeing. You are about to become part of the few individuals to know the real truth. Backed by solid hard science, you will uncover:

- The scientifically proven methods that can cut your risk of most cancers like breast, colorectal, lung, prostate, and others by as much as 200%.
- How 96% of Type 2 diabetes sufferers were able to stop ALL medication after a few short weeks just by adjusting their diets - no more drugs, pills, insulin injections.
- The simple vitamin that has been shown to reduce the risk of heart disease by over 38%.
- How to lower your cholesterol 3 times more effectively than with the diet prescribed by the american diabetes association.
- Simple eating habits that helped Type 1 diabetes sufferers lower their insulin dosages by 40% while their cholesterol dropped by 30%.
- Foods that lower your risk of cataracts by 37%.
- This shocking food (that is most likely sitting in your fridge right now) that increases your risk of heart disease by 300%.
- Why food and drug companies suppress the truth about natural cures and how their own products cause disease.
- How the FDA, FTC, USDA, and other large government and private organizations, corporations, and institutions are not interested in protecting you, and instead would rather see people die than give up their multibillion dollar profits.
- Direct and powerful natural methods previously censored by the U.S. and European governments which you can use today to eliminate your diseases and dependency on drugs, pills, and scary hospital procedures.
- Censored products that thousands of people across the world are using to stop, prevent and even cure cancer, heart disease, diabetes, high blood pressure, high cholesterol, arthritis, fatigue, mood

swings, depression and hundreds of other ailments. Shocking doctor testimonials about the ineffectiveness of mainstream medical treatments and their natural and more powerful alternatives. The hard facts on today's top so called 'healthy foods' and how they are in reality creating more disease. Real truth about weight loss, health-care, insider secrets, and much more. Learn the 7 easy steps to perfect health, the culmination of research, studies, data, and thousands of testimonials into an easy, simple and perfect step by step solution for nearly all health problems. www.theictm.org

Book Information

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Customer Reviews

I read a lot of the reviews on here that says that this book is no good. I bought the book 3 months ago. I have been following the advice and diet that the book suggests. I realize that a lot of what is required is that you eat like a Vegan. I have modified that and have also been eating lean meats, mostly turkey and chicken along with the diet and have been walking 2 miles 5-6 days a week. I have lost 30 lbs in the last 3 months. I went to my Md last week to get results from my latest blood tests. I am now completely off of all my medications. No more blood sugar pills, no more blood pressure pills, no more meds of any kind. In reading those reviews I believe that not everyone is willing to make the lifestyle changes needed to attain good health. All of the information in this book is scientifically proven and has been compiled from over 1000 years of research. We are what we eat. Don't write a review of a book if you have not even done what it says and then dispute what it says. I was @ the point that it was either live a limited lifestyle on meds or get healthy. I chose good

health. this is a great book.

With diabetics in my family, I decided to test myself. Was not prepared for a 519 with ketone. Cut out all sugar and white food of any kind . Still testing steadily around 300 w/ ketone. Even with a 35 lbs weight loss. Stumbled across The 7 Steps and followed it fairly closely. 4 months later.....I rarely test over 100 w/no ketones. Crave the smoothies and feel great. Can now eat some of my favorites again. Within reason Without increased permanent sugar levels. A cure? Only time will tell. In the mean time I ll take it . I recommend this new way of thinking about food to anyone who will listen.

After reading a few of these reviews, I was a little hesitant on ordering the book, but in the end I did, and boy am I glad I did. I got it off their website, not from , but it's the same book. So here's the rub. This book is a life-changer. But it's not an easy fix. It's hard. So you have to be ready for it. If you think that you can just do a few quick things and get your health back on track, pop some magic pills and drop your blood sugar and start feeling better next week, then this is not for you, go buy some more garbage from late night infomercials. There are no quick fixes or magic pills. Overhauling your health will take some time. How many years did it take you to get to your current state of ill health... decades? Then why do people think they can just find some quick fix and get their health back on track in a few weeks? The time-frame to see results is a month+ depending on how strictly you follow their guidelines. The information in there is like an encyclopedia; from a multitude of sources, studies and doctors. It opened my eyes. And I mean it literally, the amount of times I sat there reading with my eyebrows crawling up my forehead was too many to count. This book is massive and packed full of information. The author doesn't spend much time wasting space talking about recipes since you can find those online once you know what to look for after reading the book. Some reviewers on here said it's full of conspiracy theories... but I'm not sure what they are talking about. Is it the "conspiracy theory" that the big pharmaceutical companies are lying to us and trying to milk us for every dollar? How they're bribing doctors and politicians? That doctors have no incentive to help you end diabetes and other diseases? Because that's not a conspiracy theory. That's a fact. Here's a BBC article about pharmaceutical industry profits and how they need to sell more drugs instead of alternative treatment methods: (...) Here's a scientific study from the New England Journal of Medicine analyzing the relationship of doctors and pharmaceutical companies and the kickbacks they get for prescribing drugs - not alternative treatments. Why would a doctor teach you how to eat healthier when he can prescribe you a drug and make a boat load of money in the

process? (...)Here's another study that found doctors who received bribes from pharmaceutical companies prescribed 2x more drugs: (...)Article from CBS News about how the pharmaceutical companies wrote a health bill favoring them. Making it easier for drug companies to sell drugs instead of alternatives: (...) And a wikipedia article proving how pharmaceutical companies spent more than any other industry on lobbying (legally bribing) politicians and doctors: (...)If you think all this lobbying and bribing of doctors and politicians by the pharmaceutical companies is being done to help you, you're in for a wake up call. The pharmaceutical companies need to make more money, the only way they can make that money is by getting doctors to prescribe more and more drugs. This book will show you the alternatives to those prescription drugs. To summarize: If you are actually serious about your health, if you want to peak behind the scenes of what goes on in the medical industry, if you want to know how your body works, if you want to know about all the harmful foods, additives and preservatives in foods, if you want to know exactly what to eat and what foods to stay far away from to reverse type 2 diabetes, prevent heart disease, lower cholesterol and avoid other ailments then this book is for you. This book will be the last book you ever read about proper nutrition for the best health possible. Sounds crazy right? I also couldn't believe it, nobody could. My friends, cousin and parents all thought I was a wacko for even suggesting something like this - that was before I lent them this book to read. Now our whole family with our eyes opened and with a new outlook on healthcare, the medical and food industry is ready to take our health into our own hands, and all thanks to this wonderful book. Thanks Max. I am attaching pictures of this book after the dozen people who I lent it to read it and loved it. Might have to buy another as this one is close to falling apart :)

one of the best book i have ever read. Highly recommended book to read

I expected it to be more about Diabetes and just the last chapter pretty much talks about that.

Great product

Bought this book as a gift for my father who is a diabetic, I didn't think he would be that interested at first, but he read it within a few days and im still in disbelief at just how much it has changed his life. He has gone from 12.5 A1C to 7.3 in two months. In 2 months! He lost 18 pounds, his migraines are gone, his fatigue has declined, he calls me more and we have been hanging out more as a result. What is really cool is that his doctor took him off metformin which he has been

taking for years, and he feels great. None of my family thought that you can cure diabetes, not even me, but this book made us all look at this disease completely differently. This book and it will change your life.

Excellent

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7 Steps to Health: Scientifically proven methods to help you stop, reverse, and even cure disease without the use of drugs, pills or surgery. Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS ... Pressure Cure, The End Of Heart Disease) REVERSE HEART DISEASE - HEART ATTACK CURE & STROKE CURE - LOWER HIGH BLOOD PRESSURE TO NORMAL & RESTORE YOUTHFUL CARDIAC HEALTH WITH NO SURGERY OR DRUGS Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure Chelation Can Cure: How to Reverse Heart Disease, Diabetes, Stroke, High Blood Pressure and Poor Circulation Without Drugs or Surgery Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) Reverse Diabetes: Stop Diabetes Without Drugs (Type 1 and 2 Diabetes, Symptoms, Diabetes Cure, Diabetes Solution, Diabetes Cookbook, Diabetes Diet, Diabetes Nutrition) How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease Summary of How Not to Die by Michael Greger: Discover the Foods Scientifically Proven to Prevent and Reverse Disease End Diabetes In 3 Weeks Without Drugs: A Step-by-Step Guide to Eating Right to Prevent and Reverse Type 2 Diabetes Without Drugs Kidney Disease Solved!: The Truth About Kidney Disease And How You Can Treat It Quickly With Scientifically-Proven Natural Remedies! Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol,

Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs Herpes Free Guarantee: How I Got Rid Of Herpes Completely Without The Use Of Drugs. Follow These Simple Steps And You Can Be Herpes Free (Cold Sore, Skin ... Simplex, Sexually Transmitted Disease, STD) The Arthritis Cure: The Medical Miracle That Can Halt, Reverse, And May Even Cure Osteoarthritis

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