



# Optimal Prevention: Common-sense Ways to Avoid the Five Most Common Killer Diseases Today

*Dr. Edward Rosick*

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Optimal Prevention presents in a timely, informative, and entertaining fashion practical and common-sense ways people can incorporate the most scientifically valid aspects of preventive and holistic medicine into their daily lives. At a time when healthcare expenditures are skyrocketing, Optimal Prevention utilizes the most up-to-date studies from both mainstream and holistic medicine to illustrate the power of preventive medicine to help people--women and men, old and young--prevent the most 5 common chronic and deadly disease today: Alzheimer's, heart disease, strokes, diabetes, and cancer. Through the use of easy to understand text, illustrations, and photos, each chapter of Optimal Prevention gives the readers the information they need to know about each specific disease, followed by both mainstream and preventive/holistic measures they can take to empower themselves and their loved ones in order to enjoy longer, healthier, and happier lives. Optimal Prevention is, in on uncertain terms, the ultimate guide to living a productive, enjoyable, and disease free life.



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