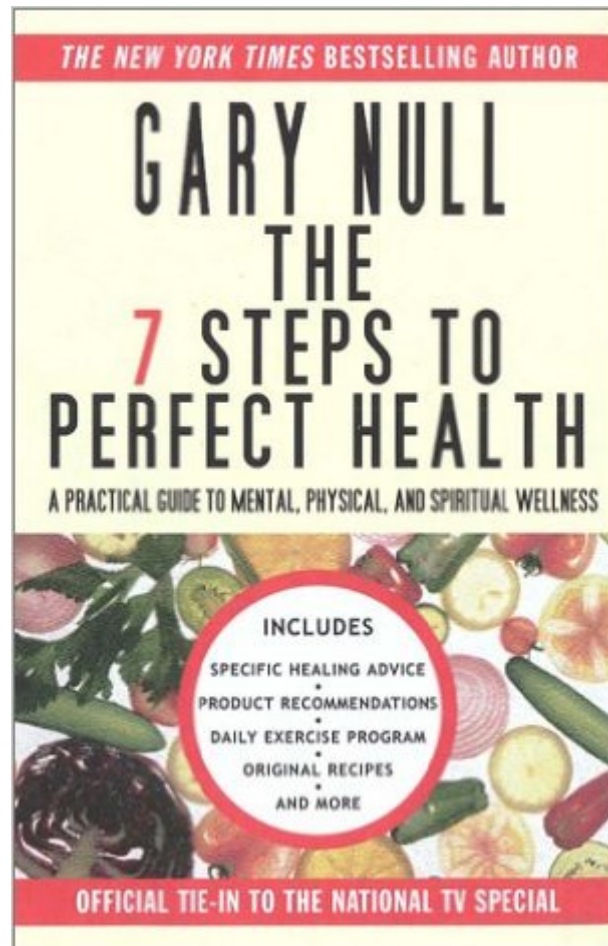


The book was found

# 7 Steps To Perfect Health



## Synopsis

Renowned health and wellness expert Gary Null has amassed a vast wealth of life-affirming and self-improving wisdom over more than thirty years of researching, writing, lecturing, and interacting with people. Now he has distilled this accumulated wisdom into a focused, easy-to-follow, and practical seven-step program that can lead to optimum health, well-being, and new-found youth. THE SEVEN STEPS TO PERFECT HEALTH is the culmination of Gary Null's entire career of helping people attain their own level of self-healing, self-fulfillment, and mental, physical and spiritual wellness.

## Book Information

Paperback: 160 pages

Publisher: I Books (December 1, 2001)

Language: English

ISBN-10: 0743444795

ISBN-13: 978-0743444798

Product Dimensions: 8.2 x 5.4 x 0.4 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (9 customer reviews)

Best Sellers Rank: #1,150,955 in Books (See Top 100 in Books) #67 in [Books > Health, Fitness & Dieting > Alternative Medicine > Reference](#) #1197 in [Books > Health, Fitness & Dieting > Reference](#) #82955 in [Books > Self-Help](#)

## Customer Reviews

I like Gary Null, really. But this book is a WASTE of your money! Filled with inaccurate information (like "wine contains pro-antistatins" Does he mean proanthocyanidins? Also, "Take liquid acidophilus to increase your intake of fiber to 50 grams per day." Acidophilus contains NO fiber! Did anyone edit this book before publishing??) and misspellings ("Benign prosthetic hypoplasia" instead of the correct benign prostatic hyperplasia; "propellus", which should be propolis, and many, oh so VERY many more), this book does more harm than good. Particularly as, since his name carries so much weight, people will go with his recommendations (like taking 100 mg of echinacea for immune support, or red clover for curcuminoids) over those of someone who may be less well known, but more intelligent. Don't buy this book. If you do buy it, don't read it. Don't even give it away to someone else. Just toss it in the recycle bin, where it belongs.

This book constitutes a summary of Null's basic "teachings" concerning how to attain wellness. He has devoted a chapter to each step, i.e. 1) beginning 2) elimination of disease-causing agents 3) cleansing and detoxifying 4) eating well 5) exercise 6) destressing and 7) taking charge of your perfect health. I keep reverting to Chapter 3, which deals with cleansing and detoxifying - there is much useful information here about juicing. The whole concept of juicing is an eye-opener to me. I feel it is a major key to attaining full health. The chapter also comprises, among other things, a list of herbs, herb teas and nutrients for detoxification purposes. A short, easily read, valuable book for those interested in regaining perfect health!

It has a lot of great information. I am glad I ordered it. It is not like any other book I have order

I took 7 steps and now I'm seven steps further than i was previous to doing so.

Good Read! How can you go wrong investing in your health!

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