

DR. ANDREW WEIL'S GUIDE TO OPTIMUM HEALTH

BY DR. ANDREW WEIL
READ BY THE AUTHOR

The Latin word "doctor" literally means "teacher": one who helps patients learn to heal and stay healthy on their own. Now Andrew Weil, MD—our most trusted authority on alternative healing approaches—invites you to attend his first comprehensive one-on-one audio learning course with *Dr. Andrew Weil's Guide to Optimum Health*. On this complete nine-hour curriculum, Dr. Weil personally helps you take charge of your total well-being with proven, natural solutions for boosting your body's self-healing function, building energy, and overcoming everyday health challenges. You'll learn the same practical approach taught by Dr. Weil at his sought-after live workshops—at your own pace, at a fraction of the regular cost.

Dr. Andrew Weil is a clinical professor of internal medicine and director of the Program in Integrative Medicine at the University of Arizona's Health Sciences Center in Tucson. He received an AB degree in biology (botany) from Harvard and his MD from Harvard Medical School. Dr. Weil is an internationally recognized expert on medicinal herbs, mind-body interactions, and integrative medicine. He is the author of nine books, including such bestsellers as *Spontaneous Healing*, *Eight Weeks to Optimum Health*, and *Eating Well for Optimum Health*. In addition, he has a monthly consumer health newsletter, *Self Healing*.



Running Time: 9 Hours
Unabridged

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