

Bestselling author Dr. Josh Axe explains how to treat more than 70 conditions, boost immunity, improve digestion, balance hormones, lose weight, and increase vitality with traditional healing practices passed down through the ages.

Until the first pharmaceutical companies opened their doors in the 1850s, doctors treated people, not symptoms. And although we've become used to the pill-pushing mindset of Western medicine, we have also had it with the dangerous side effects, addiction risk, and one-size-fits-all approach—and are desperate for an alternative.

Here's the good news: That alternative has been available all along in the form of treatments used for centuries in traditional Chinese, Ayurvedic, and biblical medicine. In *Ancient Remedies*, Dr. Josh Axe explores the concepts underlying these ancient healing traditions. Listeners will learn how practitioners identified the cause of each patient's illness, then treated it with diet, medicinal herbs, mushrooms, CBD, essential oils, and restorative mind-body practices. What's more, they'll discover how they can use ancient treatments themselves to build their immunity and cope with dozens of conditions, from ADHD to diabetes, hypothyroidism, autoimmune diseases, and beyond.

Featuring customizable meal plans, delicious recipes, and accessible explanations of the science behind traditional medicine, *Ancient Remedies* offers listeners everything they need to know about getting—and staying—healthy, without toxic, costly synthetic drugs.

**Dr. Josh Axe, DNM, DC, CNS**, is the founder of the world's #1 most visited natural-health website, DrAxe.com. He is also the bestselling author of *Keto Diet*, *Keto Diet Cookbook*, and *Eat Dirt*, and the co-founder of the Ancient Nutrition supplement company. Dr. Axe appears regularly on *The Dr. Oz Show* and has written for *Shape*, *PopSugar*, *HuffPost*, *Men's Health*, *Forbes*, *Business Insider*, *Muscle & Fitness Hers*, and *Well+Good*.

READ BY CHRIS ABELL

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Running Time: Approx. 10 Hours • Unabridged

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DR. JOSH AXE



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