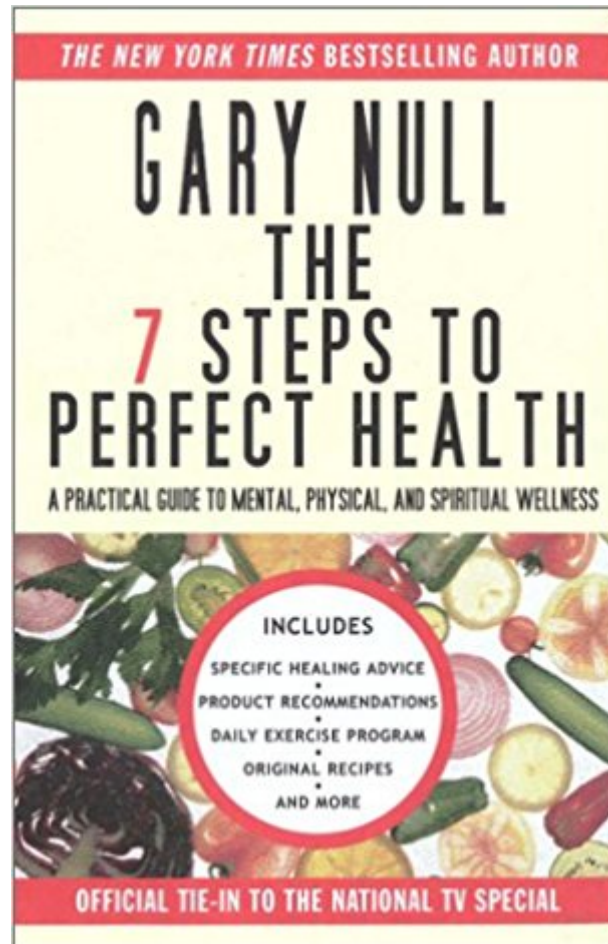




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# 7 Steps To Perfect Health



## 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

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Average Customer Review: 4.1 out of 5 stars 9 customer reviews

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## Customer Reviews

Null, natural health and exercise guru, distills his wisdom about how to achieve a better physical and emotional life. Null's focus, as in all of his 100-plus books and other publications, is on natural eating, stress reduction and exercise. However, much of the advice, while helpful, is not original or exciting. For example, Null advocates a cleansing fast followed by adoption of a vegetarian diet without processed foods. Some of his advice not drinking fluoridated water and taking a warm bath after exercising seems too dramatic for most readers to follow. What is appealing about this book is Null's soothing, practical tone. He discusses how so many people feel lethargic, depressed and generally unwell but have no diagnosed medical problem. By following his plan (eliminating meat, sugar, etc., and introducing healthier substitutes including vitamins, seaweed and vegetables), people will begin to feel better almost immediately. To further nurture an improved way of life, Null, wearing his pop-psychologist hat, tells people to embrace change, strive to accomplish more each

day and stop comparing oneself to others. Unfortunately, Null undermines his best efforts by pitching his vitamin products so openly; the last 50 or so pages of the book are a catalogue of his products, and other ads appear at intervals throughout the book. While his followers may not mind this dose of commercialism, readers interested in following even part of Null's multi-step program may feel cheated. FYI: This title has been ranked as high as #2 on Barnes&Noble.com's e-book bestseller list. Copyright 2001 Reed Business Information, Inc.

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

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

this made a wonderful gift!

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

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!

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. Dont buy this book. If you do buy it, dont read it. Dont even give it away to someone

else. Just toss it in the recycle bin, where it belongs.

Another excellent book from Dr. Gary Null, the world's leading authority on health and nutrition. In this latest book, jam packed with important information on health and lifestyle, Dr. Null leads his readers through a simple and effective plan for improving their overall health and vitality. This book is easy to read, very informative, and provides a valuable plan of action for achieving optimal health. Dr. Null proves again why he is the leading American authority on health, nutrition, and longevity. A great book!

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