



Discover Wellness

Phyllis Taber-Greenberg

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Discover Wellness gives the reader the knowledge to identify things in their environment that may be the cause of present or future illnesses and empowers them to choose preventive techniques to stay healthy while telling them where to purchase any items necessary to accomplish prevention. 71 topics include obesity, alzheimers, cancer, MCS-multiple chemical sensitivities, allergies, mental problems, mercury/silver dental fillings, full spectrum sun light and its need, electricity, chronic fatigue syndrome, endometriosis, immune system functioning, plastics, microwaves, pesticides, etc. This information is not available elsewhere and empowers the reader to take the health of their body and mind into their hands. Knowledge is power. The foreword is written by a dentist, and an acknowledgement is written by a cardiologist.

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