



Empowering Your Health

Asa Andrew

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Asa Andrew says there is only one step necessary to revitalize your life and regain your personal health: Change your health by changing your choices.

Andrew has learned that most people "lifestyle themselves into sickness" and can, with determination, "lifestyle themselves back to health." Once readers make that choice-to be well-Andrew provides all the guidance they will need to completely change their lives for the better.

Challenging, engaging, encouraging, and informative, Asa Andrew answers the hard questions and provides real solutions; addressing a wide variety of topics: digestion and proper food choices, how to avoid and rid the body of toxins, the dually important roles of rest and exercise, and the delicate balance of the endocrine system and how to improve and maintain it. Like Dave Ramsey's approach to getting out of debt, Asa Andrew is challenging people to take responsibility for their own health and giving them the tools to do just that.

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