



Healthy Living (Ask Dr. Weil)

Andrew Weil M.D.

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In his #1 New York Times bestseller Spontaneous Healing, Dr. Andrew Weil opened our eyes to the body's wondrous ability to naturally heal itself. And after the tremendous response he received from countless readers, he launched the website "Ask Dr. Weil (www.drweil.com)," which is a top-rated program on the Internet. Now, in this easy-to-use book, Dr. Weil tells you the most important things you need to know to know to live healthier and longer.

In **HEALTHY LIVING** Dr. Weil addresses questions such as:

What is the best way to quit smoking?
Does an aspirin a day keep the doctor away?
Is radon really dangerous?
What is the best water filter?
Why is decaf healthier?

And many more!

Whether you are eager to learn about the best path to recovery from illness or just looking to improve your overall well-being, Dr. Weil's expert advice will gently guide you toward the healthier, fuller life you deserve.

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