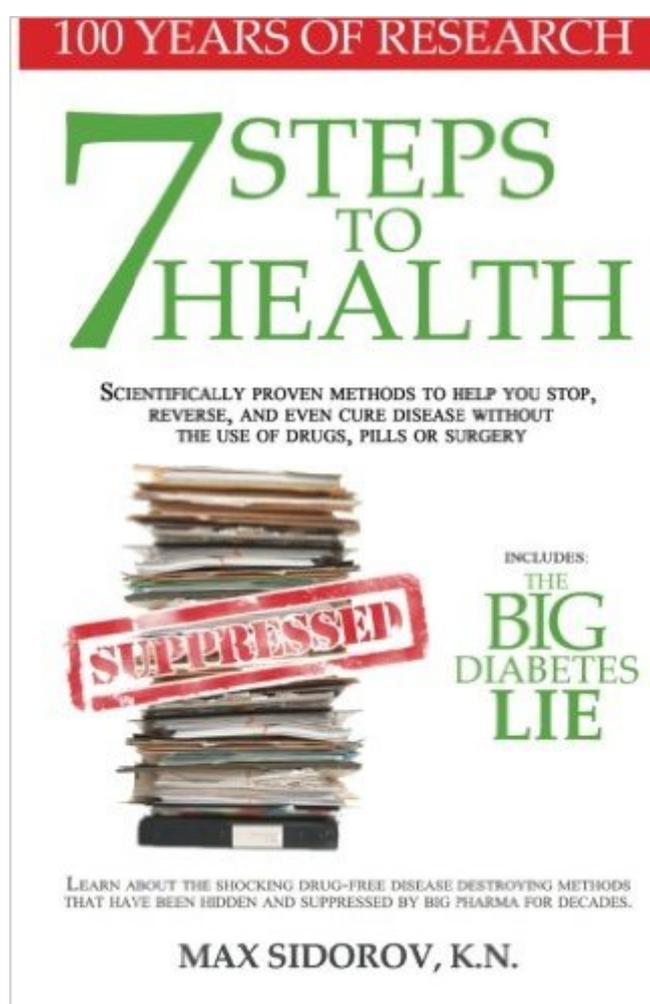


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# 7 Steps To Health: Scientifically Proven Methods To Help You Stop, Reverse, And Even Cure Disease Without The Use Of Drugs, Pills Or Surgery.



## Synopsis

This book includes Part 1 and Part 2 of the '7 Steps to Health' series and The Big Diabetes Lie. Learn how to destroy diabetes, IBS, inflammation, asthma, high blood pressure, high cholesterol, chronic fatigue, and hundreds of other ailments. "This is single-handedly the best health book I have ever read" This is much more than a book, it is your key to becoming free from drugs, pills, crazy diets, surgeries, or complicated procedures once and for all. You are holding in your hands over 100 years of research conducted by Nobel Peace Prize winning doctors, world renowned scientists, and top researchers from all across the world. The information you are about to discover has been suppressed, hidden, and destroyed by giant pharmaceutical companies whose profits depend on you staying in the dark. Join me on this amazing journey through the never before seen world of corporate controlled 'health' and 'nutrition' where you will discover the behind-the-scenes workings of giant multinational corporations and institutes, whose only mission is to prevent you from knowing the real truth to eradicating your disease and illness forever. Millions of people needlessly suffer and die every year because of the greed and corruption that has spread throughout the industry of health and wellbeing. You are about to become part of the few individuals to know the real truth. Backed by solid hard science, you will uncover:

- The scientifically proven methods that can cut your risk of most cancers like breast, colorectal, lung, prostate, and others by as much as 200%.
- How 96% of Type 2 diabetes sufferers were able to stop ALL medication after a few short weeks just by adjusting their diets - no more drugs, pills, insulin injections.
- The simple vitamin that has been shown to reduce the risk of heart disease by over 38%.
- How to lower your cholesterol 3 times more effectively than with the diet prescribed by the American Diabetes Association.
- Simple eating habits that helped Type 1 diabetes sufferers lower their insulin dosages by 40% while their cholesterol dropped by 30%.
- Foods that lower your risk of cataracts by 37%.
- This shocking food (that is most likely sitting in your fridge right now) that increases your risk of heart disease by 300%.
- Why food and drug companies suppress the truth about natural cures and how their own products cause disease.
- How the FDA, FTC, USDA, and other large government and private organizations, corporations, and institutions are not interested in protecting you, and instead would rather see people die than give up their multibillion dollar profits.
- Direct and powerful natural methods previously censored by the U.S. and European governments which you can use today to eliminate your diseases and dependency on drugs, pills, and scary hospital procedures.
- Censored products that thousands of people across the world are using to stop, prevent and even cure cancer, heart disease, diabetes, high blood pressure, high cholesterol, arthritis, fatigue, mood swings, depression and hundreds of other ailments.
- Shocking doctor

testimonials about the ineffectiveness of mainstream medical treatments and their natural and more powerful alternatives. • The hard facts on today's top so called 'healthy foods' and how they are in reality creating more disease. • Real truth about weight loss, health-care, insider secrets, and much more. • Learn the 7 easy steps to perfect health, the culmination of research, studies, data, and thousands of testimonials into an easy, simple and perfect step by step solution for nearly all health problems. [www.theictm.org](http://www.theictm.org)

## Book Information

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## Customer Reviews

After reading a few of these reviews, I was a little hesitant on ordering the book, but in the end I did, and boy am I glad I did. I got it off their website, not from , but it's the same book. So here's the rub. This book is a life-changer. But it's not an easy fix. It's hard. So you have to be ready for it. If you think that you can just do a few quick things and get your health back on track, pop some magic pills and drop your blood sugar and start feeling better next week, then this is not for you, go buy some more garbage from late night infomercials. There are no quick fixes or magic pills. Overhauling your health will take some time. How many years did it take you to get to your current state of ill health... decades? Then why do people think they can just find some quick fix and get their health back on track in a few weeks? The time-frame to see results is a month+ depending on how strictly you follow their guidelines. The information in there is like an encyclopedia; from a multitude of sources, studies and doctors. It opened my eyes. And I mean it literally, the amount of times I sat there reading with my eyebrows crawling up my forehead was too many to count. This book is massive

and packed full of information. The author doesn't spend much time wasting space talking about recipes since you can find those online once you know what to look for after reading the book. Some reviewers on here said it's full of conspiracy theories... but I'm not sure what they are talking about. Is it the "conspiracy theory" that the big pharmaceutical companies are lying to us and trying to milk us for every dollar? How they're bribing doctors and politicians?

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7 Steps to Health: Scientifically proven methods to help you stop, reverse, and even cure disease without the use of drugs, pills or surgery. Dr. Dean Ornish's Program for Reversing Heart Disease: The Only System Scientifically Proven to Reverse Heart Disease Without Drugs or Surgery Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure Fatty Liver :The Natural Fatty Liver Cure, Proven Strategies to Reverse, Cure and Prevent Fatty Liver Forever ! (Fatty Liver Cure,Fatty Liver diet,Fatty ... Cure, Detox, Fat Chance, Cleanse Diet,) The Fatty Liver and Weight Loss Solution, Proven Natural, Safe and Non-Toxic Strategies to Reverse, Cure and Prevent Fatty Liver.-Fatty Liver Cure, Fatty ... Fatty Liver Disease, Fatty liver cure) Chelation Can Cure: How to Reverse Heart Disease, Diabetes, Stroke, High Blood Pressure and Poor Circulation Without Drugs or Surgery Gum Disease Cure (Gum Disease Cure, Periodontal Disease, Gum Disease, Gum Infection, Gingivitis treatment, Tooth Decay) Stop Smoking: Stop Smoking Fast: 15 Steps to Stop Smoking: A Proven Step-by-Step Guide to Naturally Quit Smoking Cigarettes for Life (Quit Smoking Method) Dr. Neal Barnard's Program for Reversing Diabetes: The Scientifically Proven System for Reversing Diabetes Without Drugs Stop Smoking: Now!! Stop Smoking the Easy Way!: Bonus Chapter on the electronic cigarette! (Quit Smoking, Stop Smoking, Blood Pressure, Heart Disease, Lung Cancer, Smoking, Stop) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Arthritis Cure: The Medical Miracle That Can Halt, Reverse, And May Even Cure Osteoarthritis How To Stop Hair Loss Naturally: Learn various ways to stop your hair loss and regrow your hair without the use of expensive and harmful drugs The Ultimate Herpes Cure - How to Eliminate Herpes for a Life Using Natural Cure Methods (Herpes Cure, Herpes Protocol, Herpes Cure Treatment, Herpes Treatment, Herpes Zoster, Herpes Simplex Virus) TYPE 2 DIABETES DESTROYER: The Secret to REVERSE Type 2 Diabetes, 3 Proven Steps to Reverse Type-2 Diabetes in 11 Days (Diabetes type 2, Diabetes, diabetes ... DIABETES,diabetic cookbook,type 2 diabetes) NO More Heart Disease: How Nitric Oxide Can

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