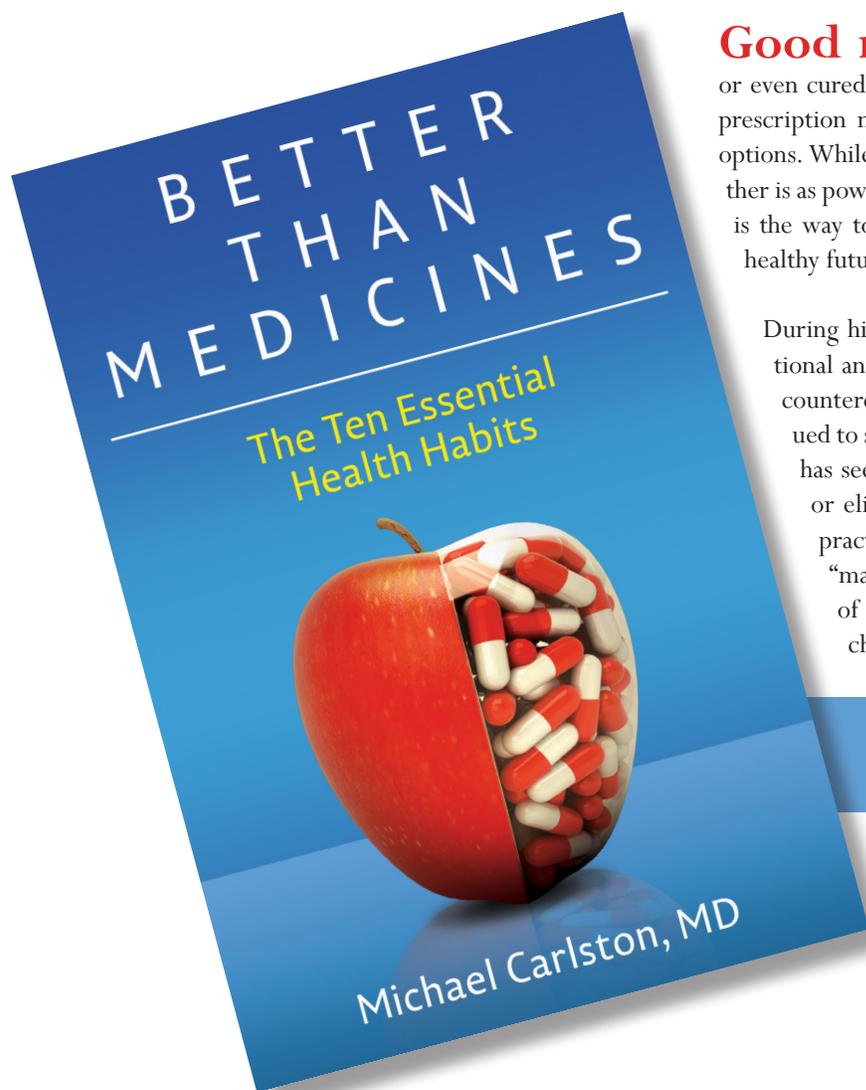


# LEARN to take control of YOUR health!



**Good news:** nearly every health problem can be improved or even cured by making simple changes. In Western society, we overuse prescription medications—neglecting simpler, safer, and more effective options. While conventional and alternative therapies provide relief, neither is as powerful as adopting the essential health habits. Embracing these is the way to feel better NOW while laying the solid foundation for a healthy future.

During his 30-year career which has focused on integrating conventional and complementary medicine, **Michael Carlston, MD** has encountered many patients with chronic health issues who have continued to suffer in spite of carefully following their doctor's orders. He has seen these same patients overcome their ill health and reduce or eliminate their need for prescription drugs by implementing practical lifestyle changes. With too many people looking for a "magic pill," Dr. Carlston has found we can better take control of our lives by incorporating common sense and sustainable changes which instead promote good health and vitality.

**In clear, accessible language, Dr. Carlston outlines the ten essential health habits:**

- No fad diets or miracle drugs
- Simple daily practices & habits to achieve optimal wellness
- Learn practical steps to better care for yourself – and your loved ones
- Extensive INDEX to quickly look up ailments



Following his medical education and residency in Minnesota, **Dr. Michael Carlston** was a faculty member at the University of Minnesota and then at the University of California San Francisco School of Medicine.

Integrating homeopathy and other complementary therapies into his family practice for over 35 years, he was voted "Best General Physician" by readers in a local newspaper's poll and named one of the outstanding Bay area physicians by *San Francisco Focus* magazine.

He is an internationally recognized authority in the integration of conventional and complementary medicine in clinical practice as well as medical education, research, and organizational consulting. This work has included developing educational programs for medical students, residents and faculty, serving on the editorial boards of several peer-reviewed medical journals, and consulting on education and research for the National Institutes of Health.

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