



Health Is Wealth

Scott C. Senne

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As the old saying goes, “Money can’t buy happiness.” Unfortunately, it can’t buy health either. Too many Americans suffer debilitating problems that doctors fail to relieve—and all the copayments in the world can’t make these disorders disappear. While drugs sometimes offer temporary relief, dangerous side effects can cause new concerns. But there are safer, more natural ways to treat illness and heal the body.

In *Health Is Wealth*, Dr. Scott C. Senne shares his secrets to a wholesome life. Included are chapters on clean water, sound nutrition, detoxifying fasts, exercise, sunlight, sleep, supplements, emotions, social relationships, home environment, and much, much more. In each chapter, the author offers practical, easy-to-follow recommendations that can make a big difference to you and your family. With *Health Is Wealth*, you will enjoy the greatest gift of all—the gift of vibrant health.

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