



Eight Weeks to Optimum Health: A Proven Program for Taking Full Advantage of Your Body's Natural Healing Power

Andrew Weil M.D.

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In *Eight Weeks to Optimum Health*, Dr. Andrew Weil translates the brilliant insights and discoveries he outlined in his acclaimed bestseller, *Spontaneous Healing*, into a practical plan of action: a week-by-week, step-by-step program for enhancing and protecting present and lifelong health. The Eight-Week Program sets up a foundation for healthy living that will keep your body's natural healing system in peak working order. With clearly defined and authoritatively informed recommendations, Dr. Weil explains how to

- Build a lifestyle that protects you from premature illness and disability
- Fine-tune your current eating habits so that your diet is more nutritious
- Walk and stretch in regimens that satisfy weekly exercise requirements
- Safeguard your healing system by adding four antioxidant supplements--vitamin C and E, selenium, and mixed carotenes--to your diet
- Incorporate five basic breathing exercises for greater relaxation and energy
- Benefit from visualization, overcome sleeping problems, and test and filter your water supply
- Make art, music, and the natural world more important parts of your life

PLUS--a dozen tailored programs that address the specific needs of pregnant women, senior citizens, overweight people, and those at risk for cancer.

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