

Treatment #1, The Walk

Are you aware that the most effective health treatment in the world is the simple brisk walk in the sun? From this simple activity you receive three blessings in one: exercise, sunshine and fresh air—all in the proper quantities. Learn to perform simple home remedies that can make life easier for you and improve your health as well. These general treatments will allow your body to reach the optimal health for you—physically, mentally and spiritually. The old adage “prevention is worth a pound of cure” is very, very, true. Let it be true for you!