



The Health Revolution

Ross Horne

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Ross Horne was inspired to write "The Health Revolution" after meeting Nathan Pritikin in 1976. Among Pritikin's many miraculous successes was Ross Horne's own wife, pronounced by specialists to be beyond medical help. Although he was initially a rigid adherent to the diet and lifestyle prescribed by Pritikin, Ross Horne's research over the course of the past 20 years has led him to reassess the advice initially offered. But his fundamental message remains unaltered - "that all diseases are easily avoidable and in most cases curable, by rectifying improper diet and other living habits". This fifth edition gives advice on how to rid your life of the degenerative diseases of the 20th century. It updates and confirms Ross Horne's philosophy: "Sound health is a God-given birthright. If you have it, don't lose it. If you have already lost it - then get it back".

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