



Take Charge of Your Health - How to Become Your Own Doctor

Tammy Moore

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Do you want to be strong and healthy until you are 100?

My Aunt lived on her own until she was 103!!

“Take Charge of Your Health” will teach you how to use nature to heal yourself.

This easy to understand guideline will teach you:

- 1) How to think of food differently and use it to keep you healthy and strong.
- 2) Common natural remedies you can use to heal yourself from common ailments.
- 3) If cooking and eating healthy seems time consuming, how to make it fun and easy.
- 4) How to ask the right questions to your doctor, so you get the most of each appointment.
- 5) When you should ask how much a test costs and is it necessary to significantly lower medical costs.

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