



**7 Steps to Health: Scientifically proven methods to help you stop, reverse, and even cure disease without the use of drugs, pills or surgery.**

*Max Sidorov KN*

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**This book includes Part 1 and Part 2 of the '7 Steps to Health' series and The Big Diabetes Lie.**

Learn how to destroy diabetes, IBS, inflammation, asthma, high blood pressure, high cholesterol, chronic fatigue, and hundreds of other ailments.

"This is single-handedly the best health book I have ever read"

This is much more than a book, it is your key to becoming free from drugs, pills, crazy diets, surgeries, or complicated procedures once and for all.

You are holding in your hands over 100 years of research conducted by Nobel Peace Prize winning doctors, world renowned scientists, and top researchers from all across the world. The information you are about to discover has been suppressed, hidden, and destroyed by giant pharmaceutical companies whose profits depend on you staying in the dark.

Join me on this amazing journey through the never before seen world of corporate controlled 'health' and 'nutrition' where you will discover the behind-the-scenes workings of giant multinational corporations and institutes, whose only mission is to prevent you from knowing the real truth to eradicating your disease and illness forever.

Millions of people needlessly suffer and die every year because of the greed and corruption that has spread throughout the industry of health and wellbeing. You are about to become part of the few individuals to know the real truth.

Backed by solid hard science, you will uncover:

- The scientifically proven methods that can cut your risk of most cancers like breast, colorectal, lung, prostate, and others by as much as 200%.
- How 96% of Type 2 diabetes sufferers were able to stop ALL medication after a few short weeks just by adjusting their diets - no more drugs, pills, insulin injections.
- The simple vitamin that has been shown to reduce the risk of heart disease by over 38%.
- How to lower your cholesterol 3 times more effectively than with the diet prescribed by the American Diabetes Association.
- Simple eating habits that helped Type 1 diabetes sufferers lower their insulin dosages by 40% while their cholesterol dropped by 30%.
- Foods that lower your risk of cataracts by 37%.
- This shocking food (that is most likely sitting in your fridge right now) that increases your risk of heart disease by 300%.
- Why food and drug companies suppress the truth about natural cures and how their own products cause disease.
- How the FDA, FTC, USDA, and other large government and private organizations, corporations, and

institutions are not interested in protecting you, and instead would rather see people die than give up their multibillion dollar profits.

- Direct and powerful natural methods previously censored by the U.S. and European governments which you can use today to eliminate your diseases and dependency on drugs, pills, and scary hospital procedures.
- Censored products that thousands of people across the world are using to stop, prevent and even cure cancer, heart disease, diabetes, high blood pressure, high cholesterol, arthritis, fatigue, mood swings, depression and hundreds of other ailments.
- Shocking doctor testimonials about the ineffectiveness of mainstream medical treatments and their natural and more powerful alternatives.
- The hard facts on today's top so called 'healthy foods' and how they are in reality creating more disease.
- Real truth about weight loss, health-care, insider secrets, and much more.
- Learn the 7 easy steps to perfect health, the culmination of research, studies, data, and thousands of testimonials into an easy, simple and perfect step by step solution for nearly all health problems.

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**Christopher Hannah:**

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