



The 9 Steps to Keep the Doctor Away: Simple Actions to Shift Your Body and Mind to Optimum Health for Greater Longevity

Dr. Rashid A. Buttar

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FROM THE WALL STREET JOURNAL BESTSELLER

The Nine Steps to Keep the Doctor Away shows you nine steps that have been clinically proven over the last ten years to be highly effective in promoting overall health. They have provided the essential framework for Dr. Rashid Buttar's philosophy and treatment plan as he has helped many patients considered to be treatment failures improve their conditions drastically.

Dr. Buttar's Clinic, Advanced Concepts in Medicine, the Center for Advanced Medicine, specializes in the treatment of cancer, cardiovascular and neurodegenerative disease in patients who have failed conventional medical treatments. The clinic has also attracted international patients suffering from various other chronic diseases as well as "difficult to diagnose" medical conditions from all over, including Africa, Europe, Central/South America, Australia and Asia.

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