

# NEVER BE SICK AGAIN: HEALTH IS A CHOICE, LEARN HOW TO CHOOSE IT BY RAYMOND FRANCIS, KESTER COTTON



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# **NEVER BE SICK AGAIN: HEALTH IS A CHOICE, LEARN HOW TO CHOOSE IT BY RAYMOND FRANCIS, KESTER COTTON PDF**

One day Raymond Francis, a chemist and graduate of MIT, found himself in a hospital, battling for his life. The diagnosis was acute chemical hepatitis, chronic fatigue, multiple chemical sensitivities, and several autoimmune syndromes, causing him to suffer fatigue, dizziness, impaired memory, heart palpitations, diarrhea, numbness, seizures, and numerous other ailments. Knowing death was imminent unless he took action, Francis decided to research solutions for his disease himself. His findings and eventual recovery led him to conclude that almost all disease can be both prevented and reversed.

In *Never Be Sick Again*, Francis presents a seminal work based on these findings—a revolutionary theory of health and disease: there is only one disease (malfunctioning cells), only two causes of disease (deficiency and toxicity), and six pathways to health and disease (nutrition, toxins, psychological, physical, genetic, and medical). This remarkable book answers these questions: What is health? What is disease? Why do people get sick? How can disease be prevented? And how can it be reversed? It will teach listeners, in one easy lesson, an entirely new way to look at health and disease with an approach that is easy to understand yet so powerful that they may, indeed, never have to be sick again.

Providing a basic understanding of health and disease, this book takes the mystery out of disease. It provides listeners, no matter what their present physical condition, with a holistic approach to living that will empower them to get well—and stay well.

- Sales Rank: #17319 in Audible
- Published on: 2011-08-25
- Format: Unabridged
- Original language: English
- Running time: 816 minutes

## Most helpful customer reviews

215 of 219 people found the following review helpful.

*Never Be Sick Again*

By A Customer

I am a 10 year cancer survivor. I have had surgery, radiation, and chemotherapy. None of it worked. For the past 8 years I have stayed alive on alternative therapy. As a result, have read over 100 books on health. I've been able to get bits and pieces of information from those books to enable me to stay alive these past 8 years. Francis's book has put all the bits and pieces together in one volume.

For the first time I have been able to understand the biochemistry of my illness and follow a path which has greatly diminished my illness and has brought me close to remission. The information on what to do is comprehensive and all in one place. More importantly, is the extensive information on what not to do and things to avoid.

I recommend this book to everyone, particularly those people with a chronic illness. I wish that I would have had this book 10 years ago.

127 of 137 people found the following review helpful.

Raymond Francis has captured a revolution in progress!

By Mark Bryant

As a publisher of business books with over 300 authors published in the last ten years, when I read a review of a book, I always ask myself; "How can this book help me?" If the answer is, "it can help me make a change for the better"... I buy the book. That is why I can honestly say that after reading "Never Be Sick Again," this book will transform your life.

I make this statement with such confidence for a reason. Here's the story. For quite a few years, I did my own extensive research into health. I spent tens of thousands of dollars and gathered detailed information from over 100 different health practices. The information was very helpful, but what I found lacking was a central system or model to tie all of the health practices and diseases together. Raymond Francis has developed just such a model. With an easy-to-read writing style and a tremendous amount of research to support his principles, Raymond Francis, as a leader for change, has developed the Rosetta stone for good health.

If you read this book, you'll learn the right way to manage your health from an author who is a pioneer in the field. You will find out how disease really works, what the two main causes of disease are, and why it is critical to understand preventative measures in order to give your health a boost. Raymond Francis has caught a revolution in progress and laid it out in terms all of us can understand.

In some ways the title "Never Be Sick Again," doesn't do justice to the new approach the author has developed. Yes, the book does help you avoid becoming sick, but it is more than just a set of facts compiled from research. With this book, Raymond Francis has developed a systematic approach to understanding disease. And in ground breaking fashion, shows the reader how health involves far-reaching changes in our society. The author's new and innovative approach will change the way people think and act towards health and disease.

By reading this book, you'll gain a whole new view of how to handle your health. And while this revolutionary method for understanding disease and perfecting health is comprehensive, the method is anything but a quick fix. The information is about a new way of living healthy, and a way of thinking about disease, that can reshape your entire life. So if you are prepared to take the next step towards improved health... buy this book. It will be a book you keep on your mantle, near at hand, for the next decade.

85 of 90 people found the following review helpful.

A Godsend

By A Customer

This is the best book I have ever read. For the last six years I have suffered from a serious inflammatory lung disease. I have been on many drugs and have seen many specialists, yet each year my problem grew worse. When a friend gave me this book, I had no idea how it would change my life. Only six months after putting its suggestions to work, I am now off of all drugs and feeling better than I have in six years. This book has been a godsend to me, it gave me back my life. Even if you have never bought a book in your life, buy this one. It could save your life.

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