



# Preventive Medicine Guide to Staying Healthy: A New Results Oriented Approach

*Robert Burkich*

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## **Preventive Medicine Guide to Staying Healthy: A New Results Oriented Approach** Robert Burkich

In this groundbreaking new guide, Dr. Robert Burkich explains how to stay healthy with brisk walks that clean out your circulatory system by elevating plasminogen levels in the blood and the benefits of a low-carbohydrate diet that include: • shedding pounds • controlling diabetes • lowering the risk of prostate cancer and gastric esophageal reflux disease (GERD) To combat illness that may be the result of stress, an incorrect diet, or a polluted environment, Dr. Burkich presents several alternative therapies such as EDTA chelation, Vitamin C (that animals manufacture in their bodies, but humans cannot), hormone replacement, intravenous hydrogen peroxide, ultraviolet blood irradiation (UBI), hyperbaric oxygen, and spinal nerve decompression (SND). Dr. Burkich's low-carbohydrate diet (that he successfully introduced to patients over fifteen years ago) is similar to the French Dukan diet that Kate Middleton and her mother used before the royal wedding. Learn how the Burkich diet compares to the Dukan diet that caused Kate Middleton to drop two dress sizes.

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