



Never Be Sick Again: Health Is a Choice, Learn How to Choose It

By Raymond Francis

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One day Raymond Francis, a chemist and a graduate of MIT, found himself in a hospital, battling for his life. The diagnosis: 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 the questions: What is health? What is disease? Why do people get sick? How can disease be prevented? How can it be reversed? It will teach readers, in one easy lesson, an entirely new way to look at health and disease - 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 readers, no matter what their present physical condition, a holistic approach to living that will empower them to get well - and stay well.

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Editorial Review

Review

"Raymond Francis will give you the information you require--and if you combine it with inspiration, self-esteem, and self-love, you will accomplish wonders. Take your health into your own hands--choose life and Never Be Sick Again!" --Bernie Siegel, MD, author of *Love, Medicine & Miracles*

The world is a better place for Raymond Francis and his work. He brings hope and inspiration to those who seek the path out of illness to sustained health and well-being. For the many health mysteries caused by nutritional deficits, overload of toxins, and neuro-immuno-hormonal dysfunctions, this book is a necessary and joyful treasure." --Russ Jaffe, MD, Health Studies Collegium fellow, National Academy of Clinical Biochemistry

"You must read this inspiring story and learn how one man overcame his own illness to become a fine educator in the science of health maintenance. With our current medical system failing miserably to treat or prevent a wide variety of illnesses, this book is a timely contribution." --Hyla Cass, MD, author of *Natural Highs*

"Raymond Francis' brush with death as a patient draws the reader to appreciate the lessons he has learned. *Never Be Sick Again* paints a clear picture of the choices that you can make to attain a healthier life. With the skill of a master teacher, he places these choices within reach." --Richard Kunin, MD, president of the Society for Orthomolecular Health Medicine and author of *Mega-Nutrition*

"*Never Be Sick Again* presents a revolutionary new understanding of health and disease. Raymond Francis empowers readers and puts them back in charge of their health. This important book offers keen insights into the shifts in thinking about health; it is a prelude to what medicine in the future must become." --Al Lemerande, Jr., MD, director of medical programs, Advanced Physicians Medical Group, and author of *Dynamic Health through Nutrition*

"Reading *Never Be Sick Again* is like learning health in one lesson. This book cuts through the complexity of health and disease with the simple, yet revolutionary, concept of one disease, two causes, and six pathways. This is future medicine now!" --Len Saputo, MD, medical director, Health Medicine Institute

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From the Inside Flap

What People Are Saying About *Never Be Sick Again* . . .

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About the Author

Raymond Francis, M.Sc., is an internationally recognized leader in the emerging field of optimal health maintenance. He is chairman and CEO of Beyond Health Corp., a supplier of highly advanced health education and world-class, health-supporting products to the public. He is the publisher of *Beyond Health News*, author of the *Pathways to Health* newspaper columns, and host and producer of the radio talk show *An Ounce of Prevention*. He lives in San Rafael, California.

Kester Cotton is editor of *Beyond Health News*, a writer, and a director of Health-e-America Foundation.

Users Review

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As people who live in the modest era should be up-date about what going on or information even knowledge to make all of them keep up with the era that is certainly always change and make progress. Some of you maybe may update themselves by reading through books. It is a good choice to suit your needs but the problems coming to you actually is you don't know what kind you should start with. This Never Be Sick Again: Health Is a Choice, Learn How to Choose It is our recommendation to make you keep up with the world. Why, as this book serves what you want and wish in this era.

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