



# 8 Weeks to Optimum Health, 1st, First Edition

*Andrew Weil*

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## **8 Weeks to Optimum Health, 1st, First Edition** Andrew Weil

Andrew Weil, MD is one of the most brilliant and universally respected doctors of integrated medicine and medical researchers. He introduces this 8 Weeks to Optimum Health as a foundation for healthy living. His main focus is to prevent illness altogether.

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