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## OVERALL HEALTH AT YOUR FINGERTIPS How to move, eat and think to avoid chronic diseases

Justin Marcotte

**What better way to fight disease than to avoid it? This is a revealing book on the power we all have to achieve and maintain health.**

About 272 pages

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Disease is the body's cry for help, but current medicine very often just stifles useful alarm signals! The real solution? Provide our cells with an environment that is not hostile to them, with the idea that the body in these circumstances has the required mechanisms to remain in good health. Did you know that physical activity is an essential nutrient for cells? That posture plays a crucial function in the health of the nervous system? That knowledge, spirituality and the values dear to us have a direct effect on our bodies?

Based on the most recent scientific knowledge, the overall health program proposed in this book guides us to concrete, simple and surprising actions to change our diet, our posture and our self-talk, so as to maintain a healthy cell environment. Much more than just a list of tips to improve health, this book is an invitation to completely review our perspective on disease, health and the body as a whole.

### Strong points

- An in-depth and clear book on concrete ways to achieve good health by having faith in yourself above all.
- The unique, complete overall health program suggests various behaviours to integrate into your daily routine.
- The author's words are inspiring, optimistic and transmit a message of unusual power that cannot help but bring about change.

*Trained in biophysics and population health, Justin Marcotte decided to do a doctorate in chiropractic following in-depth research into the best ways to promote health, which shed light on the link between optimal vertebral functioning, the health of the nervous system and physical health. In addition to maintaining an active chiropractic practice for more than 30 years, he is a professor and researcher in the clinical sciences. He has taught clinical biomechanics, geriatrics, complementary therapies and the philosophy of health.*