



To Whom It May Concern:

Your body is more complex, more wonderful, and more powerful than anyone ever dreamed possible. It was made with a complexity that baffles the minds of the best scientists and doctors in the world.

As scientists and biologists look into the universe of 80 trillion cells of the body, they are humbled and always will be. This marvelous creation that you possess has capacities and capabilities beyond your imagining.

This includes the ability to be healthy.

The body was not made to be sick - it has the ability to effectively resist disease and even to heal itself. The most hopeless health conditions are not hopeless to the body. It is designed to recover, rebuild, regenerate, and overflow with life - to live a healthy life.

The body has within its own doctor with the ability to diagnose, to resist illness, to heal, to maintain health and good order.

In this website, you will find a mystery - unveiled. Here you will discover simple truths about the requirements of the body and how you can, as you follow those requirements, help empower it to keep you well.

As you learn, may you experience great change, great health, and the ability to celebrate a healthy life.

The Doctor Within