

## Demystifying Medications, Supplements and Common Diseases: Learn what supplements we should all take and how a healthy lifestyle can reduce the need for medications (The Wellness Solution Book 5)



This book is the fifth of a 12-book series based on the online health education course [www.TheWellnessSolution.co](http://www.TheWellnessSolution.co). We cover common medications, essential supplements and common diseases. I do not think there is anyone who would dispute the fact that medications are overused and often unnecessary. What are the alternatives? What supplements, if any, should I be taking?

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