



# Take Back Your Body

*M.H., Susan E. Mead*

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## **Take Back Your Body** M.H., Susan E. Mead

Take Back Your Body helps you shift from Health Care (often expensive and/or ineffective) to Self Care (often free and very effective). You'll learn how to use food as medicine, simple herbs and uncommon common sense which you may have heard from your grandmother. Most importantly, this book offers simple 500-word tips that take little extra time or money for busy people to implement. Read what popular author and Oprah guest, Christiane Northrup, M.D. has to say about this exciting new book: "Take Back Your Body is loaded with accurate, actionable information that will help anyone grab the reins of their own healthcare for the better!"

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