

WHICH DOCTOR?

A GUIDE TO GOOD HEALTH

**BY
GLENN ELLIS**

Foreword by Dr. Edward Cooper

Most people are facing the challenges of health without a fundamental understanding of the basic issues surrounding common conditions. *Which Doctor?* is a collection of health columns written on various aspects of health and self-care during Ellis' 20+ years as a holistic health advocate and expert in complementary medicine. In these columns, the function of the essential organs, common ailments and processes of the human body are explained in layman's terms. You will also find health information on a variety of practical tools and techniques you can use to take care of yourself. *Which Doctor?* also provides some important information to address certain "men's health" and "women's health" issues, such as prostate cancer and breast cancer. Read straight through or "cherry pick" as needed. Either way, you will find essential information as well as easy-to-implement actions you can take to create and sustain good health.

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