

Natural Health Expert Release New Book on Healthy Aging

Australian best selling health writer releases her fourth book

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Australian Natural Health expert, and best-selling author, Wendy Owen Dip.HHT (HHC), is due to release the fourth book in her natural health books series: titled "[Aging Reversed](#)."

Aging Reversed offers up-to-date health information, which helps baby boomers finally tackle their health problems and reverse chronic disease.

SYDNEY, AUSTRALIA – AUGUST 22 2017 – Natural Health Publishing announced the availability of Aging Reversed (The Science of Aging) at <https://www.amazon.com/dp/B073QHCKRJ/>, in early September 2017. In this new, easy-to-read book, readers will learn how to deal with diseases such as Alzheimer's, heart disease and cancer, by using drug-free, natural protocols.

"People think that diseases such as Alzheimer's and cancer are an inevitable result of aging," Owen says. "Aging Reversed provides older people all the information needed to avoid and challenge these diseases; boosting their health and vitality."

In Aging Reversed, people will learn:

- Natural ways to avoid Alzheimer's
- Why we develop cancer and what to do about it
- Ways to protect and strengthen our heart
- How to finally understand why we age

Owen emphasizes "We need to take responsibility for our health." Even though more doctors, these days are embracing natural therapies, the emphasis tends to remain on prescription drugs. These can treat symptoms, but do little to addresses the cause of disease.


Natural Health Publishing



About Natural Health Publishing

Founded in 2015, Natural Health Publishing helps people concerned about their physical and mental health, to be the best they can be, by providing cutting edge knowledge on natural and holistic health. For more information, please visit Natural Health Publishing, send an email to – contact@NaturalHealthPublishing.org, or call 61 400 223 794.

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