

"The EPIC Five Plan: 5 Steps To Reclaiming Your Health And Vitality" – A New Paradigm in Wellness by Dr. Jason Bradley

Unlocking the Power of Holistic Healing to Transform Your Life

NY, UNITED STATES, March 4, 2025 /EINPresswire.com/ -- [Dr. Jason Bradley](#)'s debut book, [The EPIC Five Plan: 5 Steps To Reclaiming Your Health And Vitality](#), presents a revolutionary approach to health that challenges conventional wisdom and offers a new path to wellness. With over two-and-a-half decades of research and clinical success, Dr. Bradley introduces a robust blueprint for those struggling with chronic health issues such as exhaustion, brain fog, and other debilitating symptoms.



Developed through extensive real-world experience and success with patients from various walks of life, including elite athletes and top executives, The EPIC Five Plan outlines five foundational pillars that are essential for true health and vitality. These pillars are not mere suggestions but are presented as the non-negotiables for achieving long-lasting health improvements.

Dr. Jason Bradley, a respected figure in the field of holistic health, has dedicated his career to uncovering the truths obscured by the mainstream medical system. His comprehensive approach goes beyond quick fixes, addressing the root causes of health issues with strategies that anyone can implement into their daily lives.

The need for The EPIC Five Plan arose from Dr. Bradley's own frustrations with the prevailing health care model, as well as his personal health challenges. "I wrote this book because I was tired of watching people suffer needlessly," Dr. Bradley explains. "People deserve real answers, real transformation, and the power to take back control of their own health—once and for all."

The EPIC Five Plan is more than just a book; it's a movement towards empowering individuals to take charge of their health by understanding and applying the principles that govern natural healing. Dr. Bradley's mission is reflected in his ongoing projects and his co-hosted podcast, The Get Better Faster Podcast, which further explores topics of health, mindset, and performance.

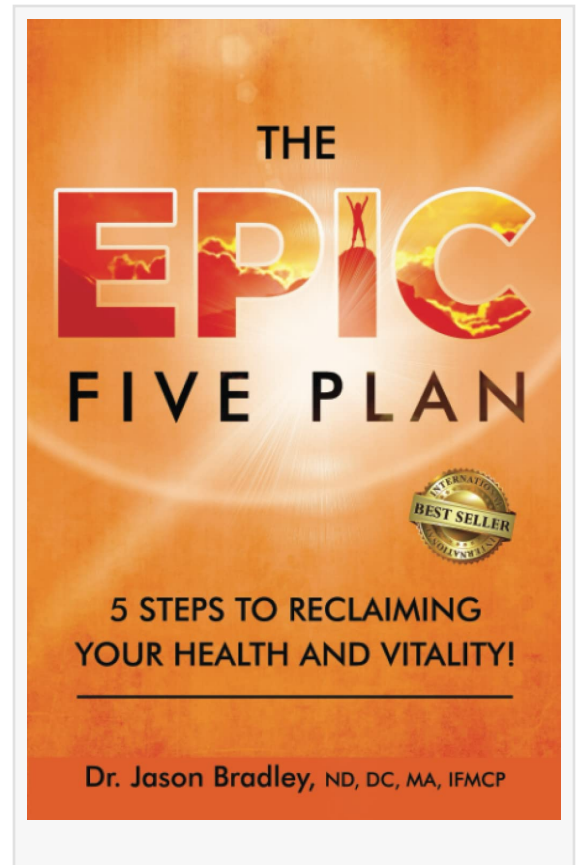
Upcoming Projects:

- The 6th Pillar (Coming Soon): A continuation of The EPIC Five Plan that reveals a critical missing element in health recovery.
- The Ascension Book Project: A guide on personal transformation and achieving potential.
- Restoring The Temple Book Project: This book bridges faith with wellness, targeting a holistic approach to health.
- Fit by Fifty and Beyond Book Project: Focused on longevity and maintaining vitality through the later years.
- The Radiant Health Guide Series: Specialized health guides for diverse needs and demographics.

Dr. Bradley's comprehensive approach and his commitment to truth and transparency are poised to make The EPIC Five Plan a vital resource for anyone looking to fundamentally improve their health.

The EPIC Five Plan: 5 Steps To Reclaiming Your Health And Vitality is now available for purchase at major booksellers and through the author's website at www.thejasonbradley.com.

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