

STAYING HEALTHY WITH THE SEASONS HAAS ELSON M %0A

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With this as its primary tenet, STAYING HEALTHY WITH THE SEASONS revolutionized the fields of preventive and integrated medicine when it was first published in 1981, and introduced a seasonal approach to nutrition, disease prevention, and mind-and-body fitness.

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Staying Healthy with Spring 2019 by Elson Haas MD. In 1972, after completing my conventional Western medical training, I realized that I needed to learn more about health and healing, as in natural and traditional medicine.

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Staying Healthy With the Seasons Elson M Haas

Elson M. Haas, MD, is an integrative family medicine practitioner with 40 years of healthcare experience. He is the founder and director of Preventive Medical Center of Marin, a multidisciplinary clinic in San Rafael, California.

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Elson M. Haas, MD, is an integrative family medicine practitioner with 40 years of healthcare experience. He is the founder and director of Preventive Medical Center of Marin, a multidisciplinary clinic in San Rafael, California. Dr. Haas is the author of ten popular books on health, nutrition, and detoxification, including Staying Healthy with the Seasons, Staying Healthy with Nutrition, and

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Haas is the author of ten popular books on health, nutrition, and detoxification, including Staying Healthy with the Seasons, Staying Healthy with Nutrition, and The Detox Diet, 3rd Edition (June 2012), updated for people of various ages, including a new chapter on teens and detox. He has also written The False Fat Diet about food reactions and weight issues, plus More Vegetables, Please!, a family cookbook with chef Patty James. Dr. Haas, as Dr. Sun, has also created entertaining health

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The 21st-century edition of this groundbreaking work by Dr. Elson Haas with Dr. Buck Levin presents the most current health and nutrition information available in an easy-to-use format with a friendly, engaging tone.

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