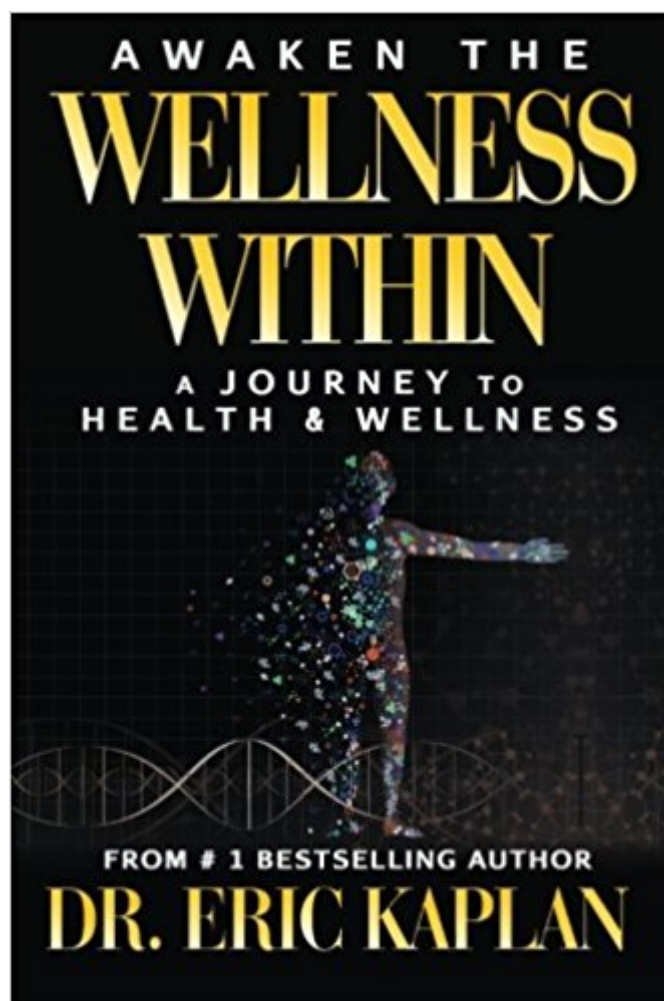


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# Awaken The Wellness Within: A Journey To Health & Wellness



## Synopsis

Imagine if there was a machine that could cure everything and anything? It exists. This machine is called the human body. Made of billions of cells, it has the ability to cure and heal anything when those cells are working in harmony. The beauty of the body and every cell is that both have the power to heal themselves. The power that created the body has the power to heal the body. No doctor, no drug, no supplement, and no object has ever truly healed on its own. They only assist the body and only then if they act in harmony with the laws of nature. Awaken the Wellness Within is about awakening your inner healer and finding the wellness within. This allows you to take control of your health destiny. This book focuses on the cause of disease and not just treating symptoms. A life out of balance will catch up with you eventually, and everyone that is sick is out of balance. This book inspires the reader to find the formulas to health, wellness, and longevity in their lives and to live to their healthy potential. Imagine a world not dominated by sickness and disease. This book offers a new health paradigm of health and disease. This book breaks down health and disease to their simplistic form. The simplicity of Dr. Kaplan's formula is the elegance in his paradigm that there is only one disease—cytopathology—and that there are only two causes of disease with one innate cure. To some, this is a new type of thinking, a new type of knowledge. It's hard to overstate how far that "obvious" idea has come. "The road to health is always under construction." We are born healthy and perfect, and then, as we age, something goes wrong. No longer abundant with health, no longer at our ideal weight, no longer happy, we look within. What went wrong? You were duped. We live in a chemical world; our lives and our bodies are bombarded with chemicals. With so many toxins thrown at us daily, it is amazing that we are ever healthy. This is a new health paradigm made simple. You will learn throughout this book that there is only one disease, two causes of disease, and one cure. This concept will change the way doctors and patients will look at health. Awaken The Wellness Within allows the reader to be proactive in regard to their health. One book, recognizing the power of one cell, will empower one reader at a time to control their health destiny. This is the one book that the world has been waiting for; it allows you to control your future starting today.

## Book Information

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## Customer Reviews

Dr. Eric Kaplan and his new book, *Awaken the Wellness Within*, works with the laws of nature breaking health down to its simplest level. The human cell. The reader will be taken on a journey of wellness, to "Awaken" the body's innate healing powers and allow the reader to take charge of their health and their health's destiny. - Dr. Jay Lombard, has appeared on numerous television and radio appearances including on Larry King, Dr. Oz, CBS News, Fox News, The Early Morning Show and others. He is a Best Selling author whose books include *Balance Your Brain*, *Balance Your Life: 28 Days to Feeling Better Than You Ever Have*, *Freedom from Disease*, *The Brain Wellness Plan / Edition 1*, *The Brain Wellness Plan: Breakthrough Medical, Nutritional and Immune-Boosting Therapies* - This book is a revolutionary approach to health care. Exposing Obama Care and providing a personal solution is the essence of this powerful book. This book is not only a must read, it is a must for every person's personal health library. I will share this model with my patients so they can take a practice approach to health. Thank you Dr. Kaplan. - Dr. Glenn Zuck, Orthopedic Surgeon, Former Sports Fellow - **GAME OVER! AWAKEN THE WELLNESS WITHIN** has peeled back all the layers & allows both Doctors & Patients to understand the root cause of disease. Dr. Kaplan has created the "plug & play" RETURN-TO-HEALTH game plan that empowers both Doctors & Patients alike with the tools necessary to reach the HIGHEST levels of health & wellness possible. The real "MAGIC" is how Dr. Kaplan COMMUNICATES, CONCISELY, CONGRUENTLY, COMPLETELY & CHIROPRACTICALLY the CELLULAR message of health, (The 6 C's). Then again that is Dr. Kaplan's GENIUS. His ability to deliver a message that resonates through every CELL in your body. "AWAKEN THE WELLNESS WITHIN" is Dr. Kaplan's CROWNING ACHIEVEMENT & a gift beyond measure for the reader fortunate enough to get their hands on this book that UNLOCKS the door to one's own health & life potential! - Dr. Perry Bard D.C., CEO Concierge Coaches - Having met and worked with DR.

Kaplan only enhances my feeling towards his new book *Awaken the Wellness Within*. His book awakens the challenge in each of us to be healthy in a world dominated by chemicals. As a practicing doctor with my husband, Dr. Kaplan's lesson of life, love and health, will help change the world, one patient at a time. - Dr. Shelita McGowan, *McGowan Spinal Rehabilitation Center*

"This book will change the way all health care deliverers look at sickness and disease. As a dentist we understand the importance of prevention. Oral Health has a wide ranging impact on our overall health and well being. Dr. Kaplan's book will change the way we all look at the process of health and healthcare. His book is simple to read, easy to understand and as a doctor I will educate my patients on this dynamic paradigm. Bravo...Dr. Kaplan..." - Dr. Roy Hart

*Awaken the Wellness Within*, will change the way you think about healthcare and wellness. Finally a practical book full with solutions for what is making us sick. Thank you Dr. Kaplan. - Dr. Fab Mancini, International best selling author, speaker and media personality, America's #1 "Healthy Living" Media Expert, World Renowned Chiropractor, International Bestselling Author & Speaker and President Emeritus of Parker University.

*Awaken the Wellness Within* is surely destined to be a blockbuster that revolutionizes the health game. Dr. Kaplan finally puts into perspective precisely why health is not a game of chance, but rather a choice. From this day forward you no longer need to be confused about health. Through Dr. Kaplan's stories and useful techniques, you'll know how to unlock your innate healing potential. You've taken the first step. Now read and apply the wisdom, just like I am doing to improve my understanding of cellular health and take control of my health. - Patrick K. Porter, Ph.D., Author and Inventor of BrainTap Technology

Empty

Dr. Kaplan takes the requirement imposed on all doctors by The Hippocratic Oath to "First, do no harm" and gives it an entirely new meaning. Dr. Kaplan's book *Awaken the Wellness Within* teaches us all how to take our health and well-being to new levels. Emboldening each of us with the knowledge and belief that we can protect, improve and reenergize ourselves by "controlling our own health" we become educated in understanding how each of us can become our own "first responders" assuring that we "first do no harm." We can then progress through life with the opportunity to remain in the best health possible. Thank you Dr. Kaplan for providing access to this roadmap to better health. Ira Sherman

Another great book by Dr. Kaplan! Absolutely loved it! Dr. Kaplan's book is a great stimulant to the mind. It will make you contemplate about your health and how you should be taking care of it moving forward. It will enlighten you about the pitfalls in today's healthcare. . Also, it reveals the true way to be healthy and how to empower yourself from illness because knowledge promotes the genius of true health and illness kills that genius.

Easy to read and understand. It will change the way we look at health and enable us to heal ourselves.

New way of looking at sickness. Great writing for the lay person

GAME OVER!!! "AWAKEN THE WELLNESS WITHIN" has peeled back all the layers & allows both Doctors & Patients to understand the root cause of disease. Dr. Kaplan has created the "plug & play" RETURN-TO-HEALTH game plan that empowers both Doctors & Patients alike with the tools necessary to reach the HIGHEST levels of health & wellness possible. The real "MAGIC" is how Dr. Kaplan COMMUNICATES, CONCISELY, CONGRUENTLY, COMPLETELY & CHIROPRACTICALLY the CELLULAR message of health, (The 6 C's). Then again that is Dr. Kaplan's GENIUS. His ability to deliver a message that resonates through every CELL in your body. "AWAKEN THE WELLNESS WITHIN" is Dr. Kaplan's CROWNING ACHIEVEMENT & a gift beyond measure for the readers fortunate enough to get their hands on this book that UNLOCKS the door to one's own health & life potential!!!!.....Dr. Perry Bard, D.C.

As a life-long student of health, nutrition and the connection of mind/body/spirit, I applaud Dr. Kaplan's for his ground-breaking book, Awaken Wellness Within. He explains that health begins at the cellular level and that we, as intelligent human beings, have the power to restore health and wellness to those cells by living a healthy, stress-free life replete with nutritious foods, minimal medications and freedom from illness and pain. Having taken a similar approach to my own health, I highly endorse this valuable plethora of information. ~ Maurice Horwitz, #1 Bestselling Author of My Life as a Diet

"Awaken the Wellness Within" is a revolutionary approach to health care. Exposing Obama Care and providing a personal solution is the essence of this powerful book. This book is not only a must

read, it is a must for every person's personal health library. I will share this model with my patients so they can take a practice approach to health. Thank you Dr. Kaplan. Dr. Glenn Zuck, Orthopedic Surgeon, Former Sports Fellow Philadelphia Eagles/Flyers

Awaken the Wellness Within has the core message of one "cure" to protect and strengthen the cell against environmental stress. Dr. Kaplan simplifies the task by writing, "Make sure your cells get what they need and do not expose them to what could harm them." By appreciating the true essence of the person within each cell, Kaplan promotes the concept of cellular transformation and empowers readers to thrive purposefully and energetically through this journey.

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