



# One Crazy Broccoli - My Body is Smarter than My Disease

*Janet Raftis, Nicole van Hattem, Emily Alp, Tracy Cromwell*

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Today, more and more people end up suffering from chronic conditions without always understanding why. We are all witnessing a scary rise in diabetes, heart disease, auto-immune disease or even allergies. What will happen to our children when they reach our age? People are getting tired of the seemingly powerless solutions often offered by Western medicine, so they embark upon a quest, a search for an alternative in order to recover their health. This book is a collection of true stories, all sharing what people went through, how they managed to recover from fibromyalgia, diabetes, depression, serious allergies or even multiple sclerosis, just to name a few. What did they do differently? Did they heal? How long did it take them? All these questions and much more are addressed within these pages. Hope is not gone. You can change your faith today, right now, where you are, by implementing a few changes in the food you eat, the lifestyle you live, the way you move your body and by discovering and trying sometimes old but true healing methods that have been used for thousands of years. This is the promise of this book. This is your body; this is your life..... regain control and heal.

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