



# Getting Well Again, Naturally

*Penny Kelly*

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## **Getting Well Again, Naturally** Penny Kelly

This is a book about sustainable medicine. In the face of steadily rising costs for both medical treatment and health insurance, it is a tragedy that so few know how to heal themselves any more. We live in a world where millions of people are suffering from multiple forms of degenerative disease. Our food wisdom has been lost, our food system no longer carries the nutrition needed to repair and rebuild our bodies daily, and no one seems to know about or have time to prepare real food. Before the Industrial Revolution, if people avoided infections and accidents, they often lived long, healthy lives and died peacefully in their sleep. What did our ancestors know about food, health, and healing techniques that we don't? Why is each generation suffering from degenerative diseases at earlier and earlier ages? What do we need to know and do in order to heal a catastrophic health challenge? "Getting Well Again, Naturally" offers an illuminating look at these questions and outlines a path to healing and good health.

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