



Choose Life: Optimizing Your Health and Functioning Toward 100 Years and Beyond

Denice D. Cook M. D.

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In this rapidly changing, highly technical world isn't it comforting to know that there are a few things that you are still in control of? In this book "Choose Life" you will explore some of the aspects of nutrition including dietary supplements, alkaline water, the importance of detoxification, and aspects of spirituality all designed to aid you in improving your overall health. "Choose Life" is written to encourage you, the reader, to take some control over your health and to make wise choices regarding the food and water that you consume. You will also be compelled to seek for more knowledge to improve your health since much more information will be unveiled in the years to come, through revelatory insight and research. -Denice D. Cook M.D.

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