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Become Smarter Than Your Doctor and Eliminate Your Chronic Symptoms

Groundbreaking new book, "Recapture Your Health," contains some of the best, clearest and most effective self-help health information encountered in decades.

(Boulder, CO) Chronic illness touches nearly every American, either directly or through loved ones or friends. Did you know that more than 50% of Americans have some type of chronic illness? This alarming rate is rising, and with the failure of conventional medicine to address this issue affordably and accurately, more people are seeking new health care options. In truth, only about 15% of conditions are best first approached using mainstream medicine, yet current myths suggest that *all* illnesses are only legitimately approached conventionally.

Those who have given up hope for effective treatment of chronic conditions now have a remarkable new alternative: the 3LS Wellness Program. This empowering health-improvement protocol may be found in the award-winning book, "Recapture Your Health: A Step-By-Step Program to Reverse Chronic Symptoms and Create Lasting Wellness" (ISBN 0965317129) by Walt Stoll, M.D. and Jan DeCourtney, C.M.T.

The 3LS Wellness Program, named after the image of a 3-Legged Stool, provides balance and support to overcome the cause of illness – and can reverse chronic conditions, heal degenerative diseases, enhance lifestyle habits, and inspire achievement of vibrant health. Based on Dr. Stoll's 38+ years experience as a holistic physician, this protocol employs three easy practices that support the foundation of excellent health. These practices can be applied by people of any age, ability, or health condition, and work together almost magically to reverse even long-standing chronic symptoms.

DeCourtney suffered a debilitating and undiagnosed chronic illness for over 20 years and then began a dramatic reversal of her symptoms using the 3LS program, prompting her collaboration with Dr. Stoll. "Recapture Your Health' empowers you to take charge of your own health, saving you money and trips to the doctor's office," states DeCourtney. "Whether you need to regain your health or are seeking health for the first time, you can support your body to heal itself regardless of diagnosis, financial standing, or insurance."

Author Christiane Northrup, M.D., of "Women's Bodies, Women's Wisdom" has stated, "For the millions who are suffering from chronic and poorly understood symptoms, this book is the answer." Additional endorsements by respected professionals in the field, and a foreword by C. Norman Shealy, M.D., Ph.D, reflect the significance of this innovative health program. "Recapture Your Health," the breakthrough book of the decade, coaches individuals to create their own unique path to better health, on their own terms.

Walt Stoll, M.D., one of the nation's leading experts on holistic and alternative medicine, was a founding member of the American Holistic Medical Association. Jan DeCourtney, C.M.T., is a holistic certified massage therapist with a practice in Boulder, CO. "Recapture Your Health" (ISBN 0965317129) can be purchased through online or local bookstores. For more information, visit www.sunrisehealthcoach.com.