



## If Known What I Know Now: A Guide to Spiritual and Practical Application for Health and Wellness (Paperback)

By Dr Lorenzo Lee

WestBow Press, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is a comprehensive guideline for both spiritual and practical application of the bible. Dr. Lee gives specific instructions regarding the foods we eat, medicines we are prescribed and the side effects verses herbal alternatives which have zero side effects. He also explore the question why are Christians sick? there is an answer to this question. Commercialism in our society has made America the country with the worst diet in the world. Our food is literally killing us and we must re-claim our health both spiritually and physically. There are over 3,000 food additives, preservatives, flavorings, colors and other ingredients which are legal to be added to our foods however, they are deemed too harmful to use in other countries. As Americans, 90 percent of the money spent on food is loaded with these additives, this is why most people are carrying an enormous toxic load which can wreak havoc on their health.



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