

Controversial Health Expert and Author, Paul Harris, Releases New Book 'Superior Health Doctor Bernard Jensen's Way'

DENVER, CO (SEND2PRESS NEWSWIRE) – Paul Harris, natural therapeutics advocate and practitioner, studied for several years with world-renowned health lecturer, author and practitioner, Doctor Bernard Jensen. Jensen's philosophy focused on living a long, healthy and happy life, according to natural laws.



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Jensen's exemplary career, he received many international awards for his outstanding work in Nature Cure therapeutics research and direct Patient care.

Harris' new book, "Superior Health Doctor Bernard Jensen's Way" (ISBN: 09776128-1-3 / 978-097761-2819), gives readers an insider's, behind-the-scenes, look at Hidden Valley Health Ranch and Jensen's remarkably effective Nature Cure program.

"Hidden Valley Health Ranch, located in Escondido, CA and once operated by Jensen," Harris said, "was a special healing place that deserves to be remembered and cherished as a worthwhile piece of American folklore and history."

Jensen, who passed away in 2001 at the age of 92, once said, "The only thing any doctor can cure is a ham; only nature can cure disease." He also believed the ideal doctor/patient relationship should be one of open communication, trust, partnership and mutual respect.

"Superior Health Doctor Bernard Jensen's Way," is peppered with humorous real-life anecdotes and readers are given the tools to create health and happiness in their own homes.

"The book empowers people to take charge of their health and lives," Harris said.



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**(Photo Caption: Image of Author, Paul Harris.)*

Natural immunization, an effective weight loss program, a five-day, celebrity rejuvenation fast, secrets to living a long and healthy life, and reducing toxicity in the body are all topics addressed.

Harris is also the author of "Therapeutic Fasting for Health and Happiness Workbook." Both publications are part of his "Superior Health and Well Being" series.

"Therapeutic Fasting for Health and Happiness Workbook" is available at Harris' Web site as an e-book or printed-bound copy. "Superior Health Doctor Bernard Jensen's Way" is available at the Web site as an e-book or as a trade paperback that can be ordered on-line through Amazon.com or Barnes and Noble.

"Both books address the one cause of organic disease and what people can do naturally, in their homes, to overcome disease," Harris explained.

To learn more visit: www.arthritis-nature-cure.com or call 970-247-3945.

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