



The Clayton MD Total Health Program

David J. Clayton MD

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Has your doctor started putting you on more and more medications as you get older? You're not alone - over 90% of Americans over 60 take one or more medications daily. In this insightful guide, Dr. David Clayton explains the simple, evolutionary basis for many chronic diseases and outlines 5 simple nutrition lessons that can reverse disease and measurably improve health. If you are frustrated by failed attempts at diet and exercise and are serious about improving your health, then this is the book for you.

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