



You Can't Afford to Get Sick: Your Guide to Optimum Health and Health Care

Andrew Weil

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With a two-week plan for optimum wellness, “America’s best-known doctor” (*The New York Times*) shows you what you need to know to be in the best health and have the best care.

The crisis in American health has hit home in very personal ways. Every thirty seconds someone in this country files for bankruptcy in the aftermath of a serious health problem. And although America spends more on health care than any other country, the World Health Organization recently ranked our health outcomes lowest among the developed nations. Now, in this visionary *New York Times* bestseller, world-renowned pioneer in the field of integrative medicine Andrew Weil, MD, busts the myths underpinning our health-care system and provides cogent strategies for change as well as specific prescriptive information explaining how—beginning with his two-week jumpstart plan for optimum wellness—to get and maintain good health.

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