

Become Healthy or Extinct: The Ultimate Guide to Saving Your Health and the Planet

By Sam Mahon, MD



In this groundbreaking book, Dr. Sam Mahon reveals the shocking truth about the state of our health and the planet. She argues that we are on the

brink of extinction if we do not take drastic action to change our ways.



Become Healthy or Extinct by Sam Mahon

★★★★☆ 4.2 out of 5

Language : English

File size : 81182 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Print length : 580 pages

Lending : Enabled

Screen Reader : Supported



Dr. Mahon draws on the latest scientific evidence to show how our health is inextricably linked to the health of the planet. She explains how the pollution we create, the food we eat, and the way we live are all contributing to a decline in our health and the planet's.

But Dr. Mahon also offers a message of hope. She believes that we can still turn things around if we act now. She offers a comprehensive plan for achieving optimal health and saving the planet, including:

- The latest scientific evidence on the link between our health and the environment
- Practical tips for making healthy choices for ourselves and our families
- Inspiring stories of people who have made a difference
- A call to action for everyone to get involved in the fight for a healthy future

Become Healthy or Extinct is a wake-up call for everyone who cares about their health and the future of the planet. It is a must-read for anyone who wants to make a difference.

What People Are Saying About Become Healthy or Extinct

"Dr. Mahon has written a powerful and important book. She sounds the alarm about the threats to our health and the planet, and she offers a clear path to a healthier future. This book is a must-read for anyone who cares about their health and the future of our planet." - Mark Hyman, MD, author of The Blood Sugar Solution

"Become Healthy or Extinct is a wake-up call for everyone who cares about their health and the future of the planet. Dr. Mahon provides a comprehensive plan for achieving optimal health and saving the planet. This book is a must-read for anyone who wants to make a difference." - David Suzuki, environmentalist and broadcaster

"Dr. Mahon's book is a powerful indictment of the way we are destroying our health and the planet. She offers a clear and concise plan for creating a healthier future for ourselves and our children." - Vandana Shiva, environmental activist and author

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Become Healthy or Extinct is available now at all major bookstores and online retailers. Free Download your copy today and start making a difference for your health and the planet.

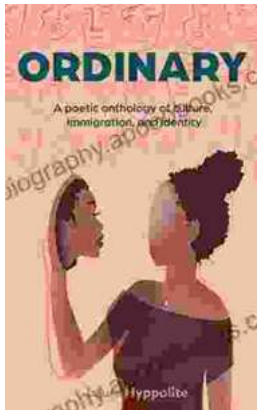
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