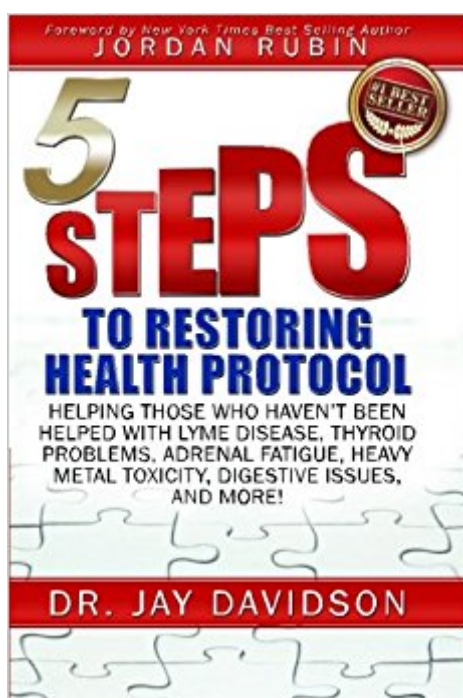


The book was found

# 5 Steps To Restoring Health Protocol: Helping Those Who Haven't Been Helped With Lyme Disease, Thyroid Problems, Adrenal Fatigue, Heavy Metal Toxicity, Digestive Issues, And More!



## Synopsis

After seeing his wife's health deteriorate, Dr. Jay Davidson went on a search for the answers her doctors just could not find. His research led him to the techniques that he now employs in his 5-step plan. Not only did his wife's health rebound, but Dr. Davidson personally began following this plan as well. Even though he was relatively healthy, he saw great results. This showed him that anyone could benefit from his plan. After hundreds of his patients achieved their wellness goals using his techniques, he knew he had to share them with a larger audience. Of the success that he has seen in his clients as they incorporate his protocol into their treatment plan, Dr. Jay Davidson said, "The message is simple: no matter what your past is like or current circumstances are, there is hope. You can make a massive transformation in your life for the better." • His 5 Steps to Restoring Health Protocol is simple: (1) identify the problems, (2) drain the junk from your body, (3) eliminate pathogens, (4) rebuild your body's tissues and pathways, and then (5) finally remove the heavy metals, biotoxins, and persistent organic pollutants (POPs) that have ravaged your system.

## Book Information

Paperback: 340 pages

Publisher: Dr. Jay Davidson (September 29, 2015)

Language: English

ISBN-10: 0996411704

ISBN-13: 978-0996411707

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars • See all reviews (24 customer reviews)

Best Sellers Rank: #118,717 in Books (See Top 100 in Books) #30 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Chronic Fatigue Syndrome & Fibromyalgia #40 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #644 in Books > Health, Fitness & Dieting > Women's Health

## Customer Reviews

I have been chronically ill for over 35 years, this is the first place where all the answers seem to be. I am so thankful for Dr. Jay Davidson and his wife Dr. Heather Davidson and all the staff at his medical office. When I read this and go to that office, I feel hope. I feel like the answers are finally there, the ones I was looking for, like Dr. Jay says in his book. I knew they were there, with God's

help I found them through Dr. Jay and Dr. Nick and Dr. Heather. I was getting too exhausted to look any more, and now after a year of listening to them, my energy is starting to come back along with mind clarity. I would recommend this book to everybody as well as using them as your primary doctor. They know what they are talking about, I know, I've spent 35 years looking for the right doctors. Trust them, they are the real deal !!!!!!!

Dr. Jay Davidson's holistic / homeopathic approach to healing and wellness has literally saved my life!!! Dr. Jay is my personal health & detox coach. I have overcome life threatening lyme's disease & severe heavy metal toxicity w his personal guidance and detailed protocols . His book is extremely well written and full of modern knowledge on how to heal and optimize your health to a pure vibrant life !! Bravo Dr. Jay ... SAVING LIVES!!!

Having read the book, it now sits on my reference shelf to be turned to again and again. I was able to use it without any professional or technical background and it is organized in a way that is easy to follow as well as easy to use for specific questions. The endnotes are extensive and useful for further reference.

Excellent resource, a must-have tool for optimal health and healing. Dr. Jay is current, progressive and leading the charge in natural health for the complex case. Don't hesitate to add this to your library!

This is a very readable book that provides valuable information about how to achieve optimal health. There is practical instruction on proper testing to find the cause of disease, and then what steps you can take to regain your health. And the best thing is, this works!

I'm so grateful to Dr. Davidson for this book. What a breath of fresh air!! This is PERFECT for those who have been told by their doctors that there is nothing wrong with them, and have been given no answers. Reading this book gives not only concrete action steps toward getting your health back, but HOPE! Do yourself a favor, download this book.

this is a good book that helps you with getting to feel better, guide to better health. It goes into detail about the different toxic metals and gives you steps about how you can change and get better and more healthy.

Dr Jay keeps the difficult simple. His style of practice is awesome, I hope other dr.'s get on board as Dr. Jay is and start getting to the core of the problem vs. masking the symptoms. Thank You Dr. Jay for bringing Hope back!

[Download to continue reading...](#)

5 Steps to Restoring Health Protocol: Helping those who haven't been helped with Lyme Disease, Thyroid Problems, Adrenal Fatigue, Heavy Metal Toxicity, Digestive Issues, and More! Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal Fatigue Syndrome Adrenal Fatigue: How to Reduce Stress, Boost Your Energy Levels, and Overcome Adrenal Burnout Using the Adrenal Reset Diet (Reset Your Diet Now and Say Goodbye to Adrenal Fatigue Forever) Heavy Metal Lead Guitar: An Introduction to Heavy Metal Soloing for Guitar (Learn Heavy Metal Guitar) (Volume 2) Heavy Metal Rhythm Guitar: The Essential Guide to Heavy Metal Rock Guitar (Learn Heavy Metal Guitar) (Volume 1) The Menopause Thyroid Solution: Overcome Menopause by Solving Your Hidden Thyroid Problems If I Only Had a Brain Injury: A TBI Survivor and Life Coach's Guide to Chronic Fatigue, Concussion, Lyme Disease, Migraine or Other "Medical Mystery" What Your Doctor May Not Tell You About(TM): Autoimmune Disorders: The Revolutionary Drug-free Treatments for Thyroid Disease, Lupus, MS, IBD, Chronic Fatigue, Rheumatoid Arthritis, and Other Diseases The Low-FODMAP Diet Cookbook: 150 Simple, Flavorful, Gut-Friendly Recipes to Ease the Symptoms of IBS, Celiac Disease, Crohn's Disease, Ulcerative Colitis, and Other Digestive Disorders Overcoming Adrenal Fatigue: How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free (New Harbinger Self-Help Workbook) Metal Bible NLT: Silver Cross (Heavy Metal Bible Series) Protocol for Wireless Localization Systems: Communications Protocol for RF-based Wireless Indoor Localization Networks Defeat Chronic Fatigue Syndrome: You Don't Have to Live with It -- An Eight Step Protocol Outwitting Ticks: The prevention and Treatment of Lyme Disease and Other Ailments Caused by Ticks, Scorpions, Spiders, and Mites The Beginner's Guide to Lyme Disease: Diagnosis and Treatment Made Simple Bite Me: How Lyme Disease Stole My Childhood, Made Me Crazy, and Almost Killed Me Why Can't I Get Better?: Solving the Mystery of Lyme and Chronic Disease The Fatigue and Fibromyalgia Solution: The Essential Guide to Overcoming Chronic Fatigue and Fibromyalgia, Made Easy! The Vitamin Cure for Chronic Fatigue Syndrome: How to Prevent and Treat Chronic Fatigue Syndrome Using Safe and Effective Natural Therapies Smash Chronic Fatigue: A Concise, Science-Based Guide to Help Your Body Heal, and Banish Fatigue Forever

