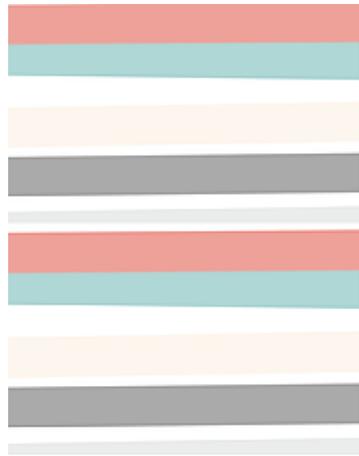


# January 14, 2019

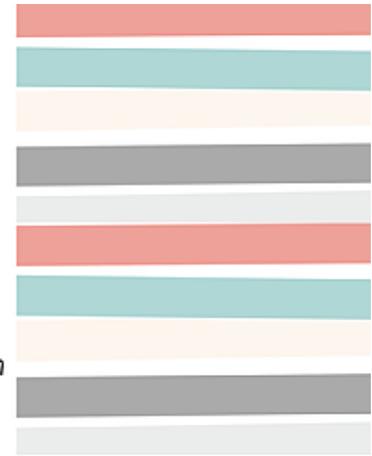
## Wintergarden Wordies



*A Time of Soul Searching for Women*

### BOOK CLUB

@ Wintergarden Presbyterian Church  
October 2018-April 2019



## Conversation

### Monday, January 14 @ 10am

Join us in our conversation on book "How to Make Disease Disappear" by Dr. Rangan Chatterjee at Mercer's Coffee Shop located at 4678 Tamiami Trail, Punta Gorda, FL 33980, just NORTH of the Punta Gorda Bridge. A few more details about the book:

A much-needed program to prevent and reverse disease, and discover a path to sustainable, long-term health from an acclaimed international doctor and star of the BBC program *Doctor in the House*.

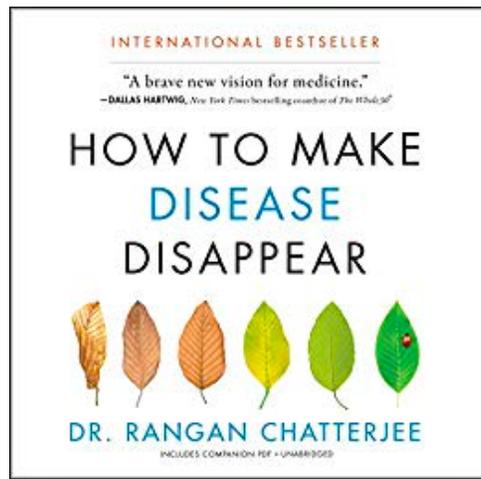
*How to Make Disease Disappear* is Dr. Rangan Chatterjee's revolutionary, yet simple guide to better health—a much-needed, accessible plan that will help you take back control of your health and your life.

A physician dedicated to finding the root cause of ill health rather than simply suppressing symptoms with drugs, Dr. Chatterjee passionately advocates and follows a philosophy that lifestyle and nutrition are first-line medicine and the cornerstone of good health. Drawing on cutting edge research and his own experiences as a doctor, he argues that the secret to preventing disease and achieving wellness revolves around four critical pillars: food, relaxation, sleep, and movement. By making small, incremental changes in each of these key areas, you can create and maintain good health—and alleviate and prevent illness. As Dr. Chatterjee, reveals we can reverse and make disease disappear without a complete overhaul of our lifestyle.

His dynamic, user-friendly approach is not about excelling at any one pillar. What matters is balance in every area of your life, which includes:

- Me-time every day
- An electronic-free Sabbath once a week
- Retraining your taste buds
- Daily micro-fasts
- Movement snacking
- A bedtime routine

Practical and life-changing, *How to Make Disease Disappear* is an inspiring and easy-to-follow guide to better health and happiness.



Questions? Please contact Gale Spring ([gagamah@yahoo.com](mailto:gagamah@yahoo.com)) Devon Andrews ([revdev08@gmail.com](mailto:revdev08@gmail.com)). The more the merrier!