

To Your Optimal Health!



Dr. Judith L. Boice, N.D., Lac.

Looking for an effective and refreshingly different approach to lifelong health? *You've found it!*

You can achieve your health goals according to Dr. Judith Boice, award-winning author, naturopathic physician and acupuncturist, with an understanding of the secrets that lead to lifelong health.

"The major reason people don't successfully make lifestyle changes," explains Dr. Boice, "is that they can't envision themselves making those changes for the rest of their lives." The first step to health is to create a vision of yourself as fully healthy and vibrantly alive.

"Most people start a new health program with lots of energy," notes Dr. Boice, "but without the appropriate structure, motivation soon wanes. The would-be marathon runner often quits jogging after a week or two. When he is tired of being overweight, he swings the opposite way and joins the gym or tries another diet. This cycle usually repeats itself over and over again."

Dr. Boice has successfully worked with many patients to help them envision and then fulfill their dreams of health. "Even chronically or terminally ill patients have a better chance of achieving health than those who are simply trying to avoid symptoms."

Dr. Boice's book [*"But My Doctor Never Told Me That!": Secrets for Creating Lifelong Health*](#) is packed with practical information about how to apply those secrets to create vibrant, lifelong health. [Other books by Dr. Boice.](#)

"The book offers people the basics for creating health," says Dr. Boice. She emphasizes, however, that the information should be tailored in concert with a primary health care provider. *"Everyone's body is different,"* she explains, *"and therefore each person's health program should be tailored for his or her particular needs. The book offers the basics. A physician can help you fine-tune your choices."*

"Thoughtful, comprehensive, and well-documented, Judith's book will serve as a valuable resource to anyone who wants to live wisely and well!"

- [Dr. Rick Kirschner](#), author of *How To Deal With Difficult People*.

"Dr. Judith Boice has written the type of book that becomes a 'health companion'. We should have had this book years ago. I have no doubt Judith's book will become a best-seller."

-- [Caroline Myss, Ph.D.](#)

author of *Anatomy of the Spirit* and *Why People Don't Heal, and How They Can*.

"A fine source of information, guidelines and coaching for those ready to create a new and healthier lifestyle."

- [Bernie Siegel](#), M.D., author of *Love, Medicine & Miracles* and *Prescriptions For Living*.

Wishing you great success in achieving your health goals!



Where to go from here:

A good place to start is to take a moment to meet [Dr. Boice](#) .

Next, you may want to explore the [Articles](#) & News section for the latest additions to our website.

Or, browse our [Books and Products](#) page and learn more about Dr. Judith's latest book.

Check out Dr. Judith's radio program [The Mystic's Almanac](#).

Dr. Boice has clients from the following areas in Colorado near Montrose: Delta, Olathe, Gunnison, Cimarron, Colona, Ridgway, Hotchkiss, Paonia, Crawford, Telluride, Norwood, Naturita, Cedaredge, Orchard City, Grand Junction, Ouray