



Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight, and Help Your Body Fix Itself

Joseph Mercola

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With the #1 natural health website in the world and always at the forefront of what's next in alternative health, Dr. Joseph Mercola reaches tens of millions of people each year who trust him to deliver actionable advice and cutting-edge health breakthroughs. Now, his first trade book in years distills decades of his experience into 9 simple keys to maximizing health, preventing disease, and protecting ourselves from the negative fallout of modern living.

Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight, and Help Your Body Fix Itself Details

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From Reader Review Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight, and Help Your Body Fix Itself for online ebook

Sheila says

Effortless Healing: 9 Simple Ways to Sidestep Illness, Shed Excess Weight and Help Your Body Fix Itself by Dr. Joseph Mercola is a book chocked full of valuable information on healing your body. The key word is Effortless and the 9 simple ways seem just that. Things such as walking outside barefoot (otherwise known as earthing), drinking plenty of pure water and getting a good nights sleep are just a few of the simple steps included within the pages of the book.

What I really liked about the book is that Dr. Mercola backs all of his medical advice with scientific evidence. The thing that I thought seemed most difficult of the 9 steps was the diet part. To completely cut out sugar and eat the way that is outlined in this book would most definitely be a challenge for me, but I was so intrigued by the facts and information shared that I think it would be well worth the effort.

This came at the perfect time in my life. I have been wanting to make some healthy changes, but was having trouble getting motivated. After reading this book, I am excited! I think that I can feel better following the guidelines that Dr. Mercola presents. As I read through the book I kept marking pages that I wanted to go back to and read again, websites that I want to look up, things that I don't want to forget. This book will go on the favorite section of my bookshelf and I'm sure I will be referencing it quite often. I am looking forward to a new journey of feeling better! Thanks Dr. Mercola!!

***This book was provided to me by bloggingforbooks.org in exchange for my honest review.

Meredith says

I received this book through a Goodreads giveaway.

I thoroughly enjoyed this book. I have a few medical problems and this book offers easy options to improve your health. I know many other people have written books with the same themes, but the way this book was written allowed for me to understand the reason for the changes. The solutions that Dr. Mercola offers are truly effortless. They are easy changes that almost anyone can accomplish without completely changing your current lifestyle. I believe this book would be great for anyone with medical problems or anyone who wishes to improve their lives.

Jo (Mixed Book Bag) says

A very interesting book. I am always looking for ways to stay healthy. Effortless Healing gave me some new ideas. Dr. Mercola has written several books on the subject. This is his latest. I found ideas that are worth try.

I received this book from Blogging for Books for this review.

Cosmic Arcata says

If you think you know the latest health advise I bet you will learn something in this book. If you know what you should be doing but need some guidance this book will get you on the path to disable steps. Do you know what EFT is? How probiotic and a healthy gut supports your brain and can make you feel good? Do you know how to make fermented vegetables? Our how deep you breathe tells you a lot about your health? There is a lot more packed into this little book. Definitely not filler!

Shannon (Mrsreadsbooks) says

My library offered this book in their e-lending library so I thought I would give it a try. The book synopsis offers "Effortless Healing", 9 simple ways to side step illness, lose weight and help your body heal itself. First let me say, if you haven't read many books about healing or health, the doctor who wrote this gives pretty generic advice; drink more water, stop drinking soda, stop eating processed foods, exercise, get enough Vitamin D and get enough sleep. These are all excellent ideas and I can tell you from personal experience that Vitamin D can play a much bigger role in your health then you might think.

The reason for the 2 star rating, is that the author, who mind you is a doctor and not a psychiatrist or psychologist, completely bashes anti-anxiety/anti-depressant drugs. He then goes on to explain how the drug industry, while pushing Paxil made up Social Anxiety. His exact words are, "Social anxiety . . . previously known as shyness." Now let me stop you right there. I have several chronic illnesses, some of them include several fairly severe anxiety disorders. There is a huge difference between being shy and having Social Anxiety Disorder. And for a doctor to put that in this book makes me angry. One of the reasons there is such a stigma about mental health is because people are uneducated about the area of mental illnesses and this author is one of the people who are increasing that sigma by saying things like the above mentioned quote. I am very anti-prescription drugs. I have been on so many in my life time and they caused way more harm than good. But my health conditions require that I take medication. And it took years to get down to one medication. I understand everyone's concern with "big pharma" but they also need to realize that there are many people who require medication, whether for a mental disorder or a physical condition and they have no other choice.

My other problem with this book is the author addresses chronic illnesses such as Chrohns Disease as literally something that can be fixed with the right amount of Vitamin D. I am sure that it was an isolated case, but I know several people with Chrohns and I assure you that if Vitamin D would "cure" them, they would be off their steroids and prescription medications ASAP. Not all chronic illness can be cured or even helped by things like exercise, sleep and vitamins. I assure you, as someone who suffers from several, I have tried every natural alternative I have ever found. Some are helpful, some can be harmful, some have no effect.

If you are an overall healthy person with no mental illness or physical conditions and are trying to improve your overall health, I would say you might find this book helpful. Otherwise, I wouldn't waste your time reading it.

Christopher Lawson says

A "Wake-up Call" to Change How we Eat

I found EFFORTLESS HEALING to be very informative and a real wake up call for me. The author doesn't sugar-coat his points about the terrible foods that most of us eat - especially the over consumption of processed foods. Dr. Mercola is very upfront about his purpose in writing this book. He wants to "inform you of the details that are frequently omitted from the often manipulated help stories you hear or read about in the media..."

I confess that some of the nine principles in EFFORTLESS HEALING were surprising to me. I admit that right off the bat, I was put a little bit on the defensive by healing principle number one "Drink Pure Water." At this point, I was almost positive that the good doctor was not going to condone my drinking a ton of diet Coke every day. Of course, I knew very well about principal number 2, "Eat Your Veggies," but what about number 4, "Exercise less and gain more benefits?" I was also sort of suspicious about number 5, "Enjoy the Sun and Get Your Vitamin D."

The author mentions his impressive credentials, as someone qualified to talk on this subject. And he's right: "I have treated more than 25,000 patients as a physician, diligently reviewed a huge array of nutritional approaches, written two New York Times bestselling books, and built the most visited natural health website in the world." Dr Mercola points out that his website is looked at by 25 million people every month. Okay, okay, I am impressed! (The end of the book includes extensive notes to support the principles that the doctor states in each chapter.)

Dr Mercola started his career as a physician using traditional approaches, but he began to realize the effectiveness of natural therapies to treat patients: "I was thrilled to see so many people getting much better using diet and lifestyle modifications. I was so convinced by these outcomes that I decided to change my practice to natural medicine ..." "What happened next was not so good financially for the doctor-- he lost three fourths of all his patients. To me, the author establishes his credibility when I see that he sacrificed a ton of money for something he believes in. That doesn't prove he's right, but it does prove he puts his money where his mouth is.

The author writes in a very easy to follow fashion. For example the doctor includes a chart called "Healers vs. Hurters." In this chart he shows you what influences your ability to have a good night's sleep. As another example, when discussing one's weight, he shows a very simple chart showing you the body fat percentage for certain people--all the way from athletes to obese.

I admit I skipped right to Healing Principle # 5, "Enjoy the Sun and Get your Vitamin D..." "Just as plants need sunlight to grow you need sunlight to thrive." He explains further that "regular, sensible sun exposure dramatically lower your risk of cancer and heart disease and is the ideal way to get your vitamin D." Okay, now I see what the doctor means--the key is the word "sensible" sun exposure.

The author is extremely critical of the processed foods: "A whopping 90% of the foods that Americans purchase every year are processed foods." Marketing agents "do a masterful job at making fast food foods and junk foods seem like a wise choice." He points out that the marketers are not telling you the full story. They neglect to mention that "You will pay a heavy price for consuming a terrible diet. The over consumption of these fake, overly processed foods is one of the major causes of a slew of chronic diseases in the United States." In particular, processed foods are chock full of sugar "which has been shown to have devastating effects on overall health in the form of insulin resistance."

All in all, EFFORTLESS HEALING is a convincing—indeed, a startling book. I found EFFORTLESS HEALING to be informative and clear. The author's credentials are impressive.

Vanessa says

Wow.

This book has made it to my Top 10 life changing book collection. Dr. Joseph Mercola has made the practice of healing yourself easily accessible and life changing in his ground breaking book, Effortless Healing.

If you have ever wanted to take more responsibility for your health and lifestyle, lose weight, eat better, feel better, this book is for you. Dr. Mercola breaks down the path to effortless healing into 9 simple steps that anyone can achieve! These include: drink pure water, eat your veggies, burn fat for fuel, exercise less and gain more benefits, get more vitamin D, let your gut flourish, get more sleep, go barefoot, avoid these six "health foods". You are probable aware and practice many of these topics in your everyday life. However, I enjoyed Dr. Mercola's easy to understand writing style and how he broke everything down into actionable, attainable steps.

Check out the rest of my review at my blog: <http://www.tapestrychronicles.com/eff...>

Mary says

I received this for free as a Goodreads giveaway in exchange for my honest opinion.

I didn't get much out of this book. It's informative, easy to read and understand, but there wasn't really anything NEW to me. I know that pasta and white rice is bad for me, I know that moderate sunshine will make me feel happier, I know that water is a better choice than sodas. And there is nothing effortless about Dr Mercola's dietary recommendations... seemingly endless hours are spent making homemade fermented vegetables, growing sprouts, creating homemade kefir. While I'm certainly into making and growing my own food, it seems like an awful lot of effort for things I don't know I'd want to consume.

Actually, the only NEW thing I got out of this book was something called a "fecal implant". Ugh. Don't ask.

Lori says

I've followed Dr. Mercola for years and while I have looked at some of his past recommendations with skepticism, (keep that cell phone away from your head!) I have followed much of his advice (sunshine and Vitamin D most importantly). This takes much of his overall philosophy and healthy recommendations and puts them all in one coherent read which could easily be considered a modern handbook for health. I devoured this in less than 2 days which is remarkable considering how slowly I read and how busy my life can be.

If you keep up with current health recommendations, much of this will not be new to you...drink more water. BUT, for those of us who want more, like...what kind of water, the ups and downs of different water purification systems, etc., this has it clarified and detailed in a very easy-to-read manner. He logically lays out his reasoning and recommendations citing study after study to back up his conclusions. I read a digital version of this which means the numerous footnotes for articles/research cited, if available digitally, is

provided in links in the footnotes section. I've spent several hours today reading more of the numerous studies he quotes. Yeah, I'm kinda obsessive that way.

I've always been health conscious and interested in current trends, but over the past 30 years the "expert" advice has ranged from high carb, low fat, low cholesterol, to marathon aerobics required for optimum health. I learned more about Dr. Mercola and his journey as a medical doctor that I had not previously known and how he has been searching, as so many of us are, for a reasonable, healthy answer to our health and weight issues. If he debunks a long-standing "health" trend, he backs up why he disagrees and cites study after study to support his position.

As I age I find there is less room for dietary indulgences without physical repercussions and it is helpful to have a coherent modern reference available. Some of his recommendations sound extreme and have, for years, had me skeptical about the need for such "radical" dietary changes, but the more my family and I incorporate his recommendations, the more weight we shed and, more importantly, the healthier we become. Highly recommended.

Katherine Owen says

Great resource on lifestyle changes as well as eating.

Melissa says

I downed Dr. Mercola's new book in two days. The information in the book was insightful, helpful, and well written. The chapters go over each topic enough for you to get a good grip and understanding without bogging the book down with too much medical information. I also liked that the book was on overall health and how the body wants to repair itself as long as we do what it takes for that to happen (Eating habits, Sleep Habits, Exercise, ect..). The chapter I found the most interesting was the gut chapter and how it's extremely connected to the brain. I knew there was a lot of connection between the two, but Mercola opened my eyes to so much more. A really great book on being healthy. I am going to try to implement as many of the "good" habits he suggests.

I received this book for free for my honest review.

Also this is my second book I have read from Dr. Mercola.

Iona Stewart says

I have long appreciated Dr. Mercola and receive his daily newsletter. He is perhaps the world's foremost physician. My only reservation about him is that he still advises us to eat animal and dairy products, whereas I am moving towards veganism, both out of consideration for the animals and for my own health.

The author begins by informing us about the atrocious state of most Americans' health and about how they fill themselves with vast quantities of exceedingly harmful pharmaceuticals. "One to four senior citizens take ten to nineteen pills a day." As a junior doctor Dr. Mercola himself was "a paid shill", receiving money to recommend pharmaceuticals, so he knows the system.

The poor health of Americans, and many of us others too, is due to our intake of GMOs, "pesticide-laden"

fruits and vegetables, and processed foods with no nutritional value. Most processed foods are filled with sugar, and high levels of sugar consumption are linked with obesity, diabetes and cancer.

The author tells us: “If you supply your body with an optimal diet and avoid exposure to the ever-increasing threats of toxins, then your body, following its design, will move toward health and away from disease without any conscious effort.”

Our bodies are “on autopilot to self-heal”.

One of the many excellent aspects of this book is that Dr. Mercola has tackled and presented to us many/all aspects of self-healing.

He presents nine Healing Principles.

1) Drink Pure Water

We need to eliminate all soda, diet soda, commercial fruit juices and sports drinks. Tap water is generally contaminated with toxins. Filtered water is recommended together with a water filter for our shower. The newest research points to the advisability of using structured water, (Personally, I drink a lot of coconut water, which Dr. Mercola also recommends.)

Bottled water is filled with pollutants/chemicals, including Tylenol, industrial chemicals and arsenic. The plastic bottles themselves contain phthalates and BPA, which mimics hormones in your body.

Chronic low-grade dehydration is common – major symptoms are thirst, dry skin, dark-coloured urine and fatigue.

Fluoride in Americans’ water supply causes lowered IQ, dementia, bone deformations and fractures, genetic damage and cell death, increased tumour rate and severe tooth enamel fluorosis, etc., etc., etc.

2) Eat your veggies (I hate that word – for me it sounds like a word one might use when speaking to kindergarten children.)

We need to add organic and locally grown vegetables and healthy fats to our diet. They should mostly be eaten raw, juiced, fermented or sprouted.

He gives us advice about juicing, fermenting and sprouting.

3) Burn fat for fuel

This is the subject of Dr. Mercola’s latest book, which I will soon be purchasing.

Our body can burn either sugar or fat for fuel. One way we can teach our body to start burning fat is to eat substantially more healthy fats like coconut oil, olive oil, olives, butter, eggs, avocados and nuts.

We should skip breakfast and instead practise what he calls “intermittent fasting”, eating all our food in an eight-to-ten-hour window.

4) Exercise less and gain more benefits

Reducing the length of time we sit each day is even more important than getting regular exercise. Short bursts of high-intensity interval exercise several times a week “offer powerful rewards that conventional

cardio doesn't".

The author believes not only in intermittent fasting but also in intermittent movement. Frequently interrupting your sitting by merely standing up can eliminate most of the negative side-effects of excessive sitting.

Dr. Mercola educates us about what he terms "Peak Fitness", where you exercise only for 20 minutes, only exercising hard for four intense minutes.

Peak Fitness lowers body fat, boosts HGH (Human Growth Hormone) – the fitness hormone, and improves our insulin sensitivity by nearly 25 percent with a time investment of less than a few hours a month.

The author explains in detail how to do the Peak Fitness exercises. I had never heard of the benefits of high intensity training before reading this, so I am grateful to him for this information, which I have begun to implement in the gym.

5) Enjoy the sun and get your Vitamin D

Like plants, we need sunlight to thrive. Sensible sun exposure dramatically lowers our risk of cancer and heart disease, and is the ideal way to get our vitamin D.

Vitamin D deficiency is common in ill children, and frail seniors with low levels of vitamin D have an increased risk of death. Breast cancer has been described as a "vitamin D deficiency syndrome". Optimizing vitamin D levels can cut in half the risk of sixteen different types of cancer. Vitamin D may lower your risk of dying from any cause.

Sun exposure does not give skin cancer, "Melanoma mortality actually decreases with greater sun exposure."

6) Let your gut flourish

Avoid processed foods, which are filled with sugar, refined grains and genetically engineered ingredients.

Eating a healthy diet helps the beneficial gut bacteria to flourish. Avoid antibiotics and flood your system with probiotics. Consume fermented foods such as natto, kefir, sauerkraut, etc. every day.

Autism is at least partially related to gut flora, see Dr. Natasha Campbell-McBride's book "Gut and psychology syndrome" or my review of it.

The author provides instructions for making our own fermented vegetables and kefir.

My favourite drink is Kombucha, a fermented beverage made from black tea, which is drunk cold and which is full of probiotics.

7) Clean your brain with sleep

Sleep is important for all health, particularly brain health.

The hormone melatonin is a great sleep regulator. We should protect our melatonin cycle by exposing ourselves to bright light during the day and avoiding blue light e.g. from computers prior to sleeping. (I have bought amber glasses to protect myself from this blue light – they should be used for a few hours before bedtime.)

Chronic lack of sleep is harmful – you need between six to eight hours every night.

Eliminate sources of night-time light in your bedroom. Dr. Mercola warns against taking sleeping pills.

8) Go barefoot – and other ways to stay grounded

Walking barefoot will keep you grounded. You can walk barefoot on sand, grass, bare soil, stone and rock, and concrete and rock, as long as it's directly on the earth and not painted or sealed.

Asphalt, wood, rubber, plastic, vinyl, tar or tarmac will not ground you.

Swimming in the sea is also grounding. You can also purchase grounding/earthing shoes if you can find them.

I sleep on a grounding sheet which gives me a deep, sound sleep. I live on the ground floor and the sheet is connected to a cord which goes out the window where it then connects to a grounding pin stuck into the earth.

For some reason Dr. Mercola doesn't seem to mention grounding sheets or mats.

Grounding reduces muscle stiffness and chronic pain, regulates the secretion of cortisol, thus promoting more restful sleep regulating blood sugar levels and appetite; it reduces the severity of the inflammatory response after workouts, raises heart variability and thins your blood.

9) Avoid these six “Health Foods”

Avoid “stealth ‘health foods’” such as whole grains like brown rice, natural sweeteners such as agave, unfermented soy products, including tofu and soymilk, vegetable oil, most types of fish and conventional yoghurt.

You need to get your blood insulin level measured to check whether or not you are insulin or leptin resistant. If you are, the grain carbohydrates in your diet not only make you fat but make you stay fat.

There is a section about the perils of gluten.

Use Stevia or Lo Han (new to me) instead of sugar and other sugar substitutes.

Nearly all conventional soybeans grown in the US are genetically modified and doused in Roundup. Unfermented soy contains goitrogens, which hinder thyroid function; it also contains plant oestrogens, which are linked to breast cancer, kidney stones, and impaired memory in the elderly.

Eat instead tempeh, miso, natto, and tamari, which are safe, fermented soy products.

Vegetable oils increase your risk of cancer and heart disease; processed foods are full of them. Use instead coconut oil (for cooking), avocado oil (unheated), walnut oil (unheated) and raw, “pastured” organic butter. (I can't find out what he means by “pastured”, unless he means that it is the cows that are pastured.) Personally, I would add hemp oil to the list, since apparently it has the correct ratio of omega 3, omega 6, and omega 9.

Avoid farmed fish, which are toxic, and tuna/swordfish, which are full of mercury. Eat instead small fish such as sardines. I would say avoid all fish except special “organic” fish (farmed under optimal conditions with more room, no antibiotics and fed organic food), if you can get it, since all the oceans of the world are

now polluted with radiation following the accident at the Japanese nuclear plant (recently it completely fell into the sea, increasing the radiation/pollution even more drastically).

Krill oil is superior to fish oils.

Replace yoghurt with homemade kefir.

I really must praise this comprehensive, all-embracing, excellent book to the skies. If you follow Dr. Mercola's precepts, it could increase the length of your life by decades. I can't wait to read his next work "Fat for fuel".

Gina says

I received this book as a first read. It offers helpful tips but nothing we haven't heard before - drink more water, don't drink sugary drinks, eat more vegetables, eat less starchy foods, exercise more, eat fermented foods and probiotics, get outside, get enough sleep, eat healthy fats, interact with people, etc. He offers up a few unconventional and slightly controversial contentions like skipping breakfast, filtering shower water, going gluten free, or eating honey for allergies. The book is well organized and does a good job of explaining everything including benefits of doing things. For the most part though, this book is a rehash of every other health book out there.

Sharon says

I would say that this book has some good advice, as well as some kooky ideas. I think you get to a point where you decide you want to enjoy your life and you can't control every element as he is suggesting in the book. It's about balance.

Christine Fitzgerald says

This was a quick read that read like a infomercial. However lots of good recommendations for turning your body into the healing machine it has always been.
