

## Neil Nedley Proof Positive

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Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health Through Nutrition and Lifestyle. Hardcover - 1 May 1998. by Neil Nedley (Author) › Visit Amazon's Neil Nedley Page. search results for this author. Neil Nedley (Author), David DeRose (Editor) 4.6 out of 5 stars 35 ratings. See all formats and editions.

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Dr. Neil Nedley authored Proof Positive, which promoted nutritional and lifestyle therapies to treat and prevent heart dsisease, cancer, hypertension, diabetes, kidney failure, high cholesterol and many other diseases.He is President of Weimar Center of Health and Education, which runs a residential lifestyle center, academy and college outside of Sacramento, California, and also the owner of...

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He is the author of Proof Positive, Depression-the Way Out, The Lost Art of Thinking, and Optimize Your Brain. Dr. Nedley pioneered the comprehensive Depression and Anxiety Recovery Programs, with options for home-based versions, community facilitator coached programs, and the ten-day live in residential therapeutic program.

[About Dr. Neil Nedley](#)

Nedley™ Health Solutions leads holistic mental health education with the latest evidence-based information. Our educational materials are based on solid, documented scientific research and presented in an interesting and understandable way for both the professional and the lay-person.

[Nedley Health \(Home Page\)](#)

He has also given numerous health education seminars to general public audiences worldwide. Dr. Nedley is author of the book Proof Positive: How to Reliably Combat Disease and Achieve Optimal Health through Nutrition and Lifestyle, now in its fourth printing.

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Prove Positive - Why We Need Sunlight by Dr. Neil Nedley, M.D. Sunshine has gotten a bad rap. It is true that excessive ultraviolet light from sunshine can increase the risk of skin cancer and cataracts, but judicious amounts of sunshine can be extremely beneficial.

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Dr. Neil Nedley is the President of Weimar Institute and a full-time practicing physician in Internal Medicine with emphasis in Gastroenterology, Mental Health, Lifestyle Medicine, and the difficult to diagnose patient. Dr. Nedley is the author of Proof Positive, Depression: the Way Out and the Lost Art of Thinking.

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