

Is Your Environment Stressing You Out?

Dear Patient,

It has been some time since my last newsletter. I am way over-due. I wanted to share with you my 3rd book, *Is Your Environment Stressing You Out? How to Pro-actively Protect Yourself from Environmental Toxins*, was just released on Amazon and Kindle. It is available on my website, www.drkellymiller.com, at a discounted rate of \$9.95 for the next 3 weeks. This includes an autographed copy.

This book is about the many hidden toxins in our air, water, and food supply. As we age we tend to accumulate some of these environmental toxins and become unable to compensate anymore and chronic health problems develop. These toxins can impact our children even while they are in the womb. On one end of life we are facing an epidemic of ADHD and Autism Spectrum in our children and on the other end is Alzheimer's disease, the fastest growing cause of death in the United States. In between, we have epidemics, of obesity, type II diabetes, and auto-immune diseases. All of the above conditions are linked to environmental toxins.

This book covers the many conditions and symptoms that are linked to environmental toxins, how we test for them, and most important, how we eliminate or negate them. Please consider reading this to protect you and your loved ones.

We also have a new website with an abundance of new information, videos, and podcasts to help answer your questions or concerns about a health-related issue.

Blessings,

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