

ENDORSEMENTS

Health and Disease Symbology Handbook

In this insightful book, author Michael Schwartz shows us how to find symbolic meaning in our physical experiences, and gives the readers invaluable nutritional advice. The tapestry of Universal Principles ties it all together and offers opportunities for personal growth for anyone who picks up this fascinating guide.

—Dr. Holly Lucille N.D., R.N., author of *Creating and Maintaining Balance: A Woman's Guide to Safe, Natural Hormone Health*

Michael's new book is a guaranteed mind-expanding journey. The reader will surely be challenged to look at their beliefs. Whether you agree or disagree with the ideas presented, this book will aid you in your own life.

—Michael & Nora Wohlfeld

Now I see illness in a new way. A disease never has just one cause; there are always layers of causes that range from nutritional deficiencies to mental and emotional states of mind. Michael, through his teaching on symbology, helps you to identify and connect these layers. And at that point, everything becomes obvious. Thanks, Michael, for helping me to expand my mind. What a workout!

—Todd Scarborough, four-time Mr. Arkansas (Todd was both the youngest and oldest to ever win the title)