



Best Selling Book, The 5 Foundations of Remarkably Healthy People, Is Free on Amazon for 5 Days (until 02/24/2017)

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Best Seller Publishing announces the release of Chris Murphy's new book, *The 5 Foundations of Remarkably Healthy People: An Easy Guide to Restore Your Health, Lose Weight and Feel Great*. It will be available for free download in the Amazon Kindle Store on February 20th.

If avoiding medications and surgery in the future is a top priority, then this is a must read, Murphy says. This book gives readers with an easy guide to restore their health, lose weight, feel great, and help assist them in preventing and overcoming chronic disease.

Dr. Chris provides easy action steps to implement into one's life today to help give them a better lifestyle for tomorrow. He will take readers through the 5 Foundations of Health:

- Function
- Food
- Fitness
- Filter

- Freedom

In addition to learning the 5 foundations, one will learn how to apply them into their own life, just as he has helped thousands of patients do already.

The 5 Foundations of Remarkably Healthy People by Chris Murphy will be free and available for download on Amazon for 5 days (02/20/2017 ? 02/24/2017) at: <https://www.amazon.com/dp/B01N26M5HA>. The 5 Foundations of Remarkably Healthy People has a 4.8-star rating on Amazon.com. Here?s what some people are saying:

?Dr. Chris' no-nonsense approach of dispelling the myths and misinformation was truly refreshing. Not only does he explain the 5 Foundations, he also provides information how to recognize the pitfalls, and how to apply these principles in one?s own life. What is especially interesting was using meds to fix the symptoms but not addressing the root cause of the symptoms. It is not necessarily obvious that different health issues could actually be related.? ? N. Dschaak

?Dr Murphy helps readers understand that not any one thing will make people better. They must be willing to make changes in all aspects of their life in order to get back your health. With the help of Dr Chris one can accomplish things they never thought they could. Thanks for the passion that come through the words you use to teach people how to take back control of their health and life.? ? Lisa Allison

For More Information: For more questions or to schedule an interview about this press release please contact Rebecca, Author Liaison, at (626) 765-9750 or email info@bestsellerpublishing.org.

Best Seller Publishing is a Los Angeles Publishing Company dedicated to helping business owners and entrepreneurs become ?the hunted? with their best-selling books.

About the Author:

Dr. Chris Murphy has been helping people maximize their health for almost a decade now. He is the owner and head doctor at NewEdge Wellness Center in Kennewick, WA. He is part of the Sports Performance Council for the NFL Alumni Association, has taken care of the USA martial arts team, and host of the hit radio show ?The Dr. Chris Show?. Dr. Chris also travels over 25,000 miles every year professionally speaking on and researching the latest in health and wellness. He applies a holistic approach in helping the body heal itself.

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Best Seller Publishing

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