

## **Best-Selling Health Care Book Wins Award**

*USA Book News announces a new Texas author was awarded Finalist in this year's Best Books Awards in the Health-Alternative Medicine category.*

(Plano, TX) Nov. 12, 2007 – The best-selling new book *UnBreak Your Health* has just won an award as Finalist in the 2007 Best Books Awards in the Health – Alternative Medicine category. Author Alan Smith says it's the book he wishes had been available years ago following his disappointing trip to the Mayo Clinic. The guide to complementary and alternative medicine (CAM) explains more than 300 different therapies in 136 categories in an easy-to-read manner for the average consumer. The book also looks at the serious and growing concerns regarding the medical, pharmaceutical and insurance industries in the current election climate.

“Most insurance programs exclude coverage of these therapies,” says Smith “and thanks to the daily bombardment of TV advertising people turn to prescription drugs instead. Despite America spending more money on healthcare than any other nation we've fallen to #40 in the world for longevity, so clearly something needs to change.”

*UnBreak Your Health* is an introductory guide to different types of alternative medical concepts, explaining the different types of processes, techniques and a variety of healing devices. Loving Healing Press launched the book in October and it quickly became a best seller in the Alternative Medicine category on Amazon.com.

“People don’t realize the fight to restrict their freedom and suppress complementary and alternative therapies continues and is, in fact, escalating” said Smith. “It was only twenty years ago the federal courts had to order the American Medical Association to stop restricting the business of chiropractors.” The growing efforts to protect the current \$2.2 trillion medical industry are a direct response to the growing popularity of non-drug alternatives.

For more information on “UnBreak Your Health – The Complete Guide to Complementary & Alternative Therapies” please visit [www.unbreakyourhealth.com](http://www.unbreakyourhealth.com) or contact:

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