

# Q&A

## Question:

I cannot afford it. What can I do?

## Answer:

For the last 5 years our family of 5 have consumed about one leaf of prescription/over the counter medication in total. The only time we ever go to the doctors is if something is broken or needs urgent medical care. That is lot of money you can save on doctor's visits and medication. It is safe to say that looking after your health and being in tune with your body is a long term investment in your health.