



## The Wisdom of a Modern Day Sherlock Holmes

Jim McAfee has been referred to as the Sherlock Holmes of Nutrition. His relentless 35 year search for understanding of the nutritional significance of seemingly insignificant physical or behavioral abnormalities resulted in the publication of what has proven to be a very popular book entitled *Your Body's Sign Language: Clues to Nutritional Well-Being*. This volume takes numerous threads of medically researched information and weaves them into a beautiful tapestry illustrating the incredible workings of the human body. The individual threads of this remarkable tapestry are what appear to be insignificant "body signs" to many people.

To Jim McAfee, a clinical nutritionist, these body signs can be flashing warnings of the increased risk of heart disease, diabetes, or serious nutritional deficiencies.

*Your Body's Sign Language* covers a wide spectrum of information and teaches the reader to identify nutritional messages conveyed by the body through the skin, eyes, teeth and other body parts. The book begins with a discussion of body shape including the nutritional significance of the "beer belly" (associated with increased risk of heart disease and diabetes) and the "pencil thin waist" (associated with increased risk of Alzheimer's disease).

The book then discusses body signs found from the top of the head to the tip of the toes. For example, prematurely gray hair is associated with increased risk of osteoporosis, while a crease in the ear lobe is an indicator of increased chances of developing heart disease. Nearsightedness is tied to impaired glucose tolerance, while "silver" fillings in the teeth should provide a warning of exposure to mercury. Skin tags on the neck and shoulders can be a warning of diabetes, while an electric shock sensation when the neck is bent may be a warning of vitamin B12 deficiency. Inability to easily bend the fingers may provide a clue to vitamin B6 deficiency, while leg cramps may warn of magnesium or other deficiencies.

These and dozens of other "body signs" are discussed in Jim's book and lectures along with relevant nutritional insights. The book is a reliable reference for the professional, a resource for a lending library, and entertaining reading for the waiting room of a busy professional. The book is easy reading for the layperson, yet meets the needs of the professional with extensive references to the medical literature in every chapter.

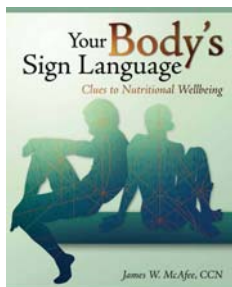
Jim's seminar on "Body Signs" is mesmerizing. The talk is illustrated by a dramatic PowerPoint presentation, video clips, and entertaining nutritional anecdotes. The book is available to order at [www.yourbodyssignlanguage.com](http://www.yourbodyssignlanguage.com) or by calling (800) 359-6091. Jim can be contacted or his speaking schedule is available by consulting [www.imageawareness.com](http://www.imageawareness.com).

### About Jim McAfee

Jim graduated Summa Cum Laude and Valedictorian for Westmont College and Magna Cum Laude from Dallas Theological Seminary. His graduate dissertation was on the subject of fasting. He has worked as Director of Nutritional Research for Image Awareness Wellness Institute since 1974. He has been a Certified Clinical Nutritionist since 1991. He is on the Scientific Council of the International and American Association of Clinical Nutritionists. He is also one of a handful of members from over 50 countries of the Health Professionals Council (HPC) of Golden Neo-Life Diamite International.

### Quote:

"Combined with wisdom, depth, and dignity, this book is an outstanding achievement from an excellent lecturer and instructor in nutrition." Dr. Arthur Furst, Ph.D., Toxicologist, Distinguished University Professor, Emeritus, University of San Francisco



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