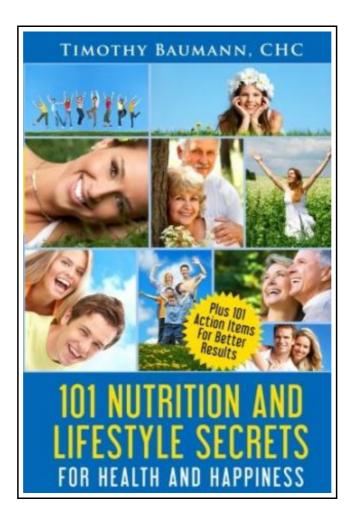
101 Nutrition and Lifestyle Secrets for Health and Happiness (Paperback)



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Reviews

This publication is fantastic. We have read through and i am certain that i will planning to read yet again yet again down the road. You wont feel monotony at at any time of your respective time (that's what catalogs are for concerning when you request me). (Alec Langosh)

101 NUTRITION AND LIFESTYLE SECRETS FOR HEALTH AND HAPPINESS (PAPERBACK)



Wellness for Life Network, LLC, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you need to improve your health and happiness levels or do you know someone who does? If so, this is your book. I wrote 101 Nutrition and Lifestyle Secrets For Health And Happiness to give you 101 Tips with Action Items to improve your health and mind. If your body and mind feels good you will feel more happiness in life. I did all the research looking for ways to help improve my wife s health. She has suffered from diabetes since her teens. Nearly 40 years later she is suffering from many of the complications of diabetes - bouts of depression, sleep issues, low energy, digestion issues, and the list goes on. What I found was the natural remedies for all of her different physical and mental issues were all closely related. It seems that all these tips help just about everything. It all comes down to lifestyle and the foods we eat. Within this book you will learn about two kinds of Foods: Primary Foods - Foods you do not eat. Food is more than what you find on your plate. Healthy Relationships, Regular Physical Activity, a fulfilling Career and a Spiritual Practice can fill your soul and satisfy your hunger for life. When Primary Food is balanced and satiated, your life feeds you, making what you eat secondary. Joshua Rosenthal - Founder of Institute of Integrative Nutrition Secondary Foods - These are the foods that you do eat. You must have a well-balanced diet of each of these two important food groups for better health and happiness. Your body, mind and spirit MUST have all the proper nutrients to obtain and maintain good health...

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