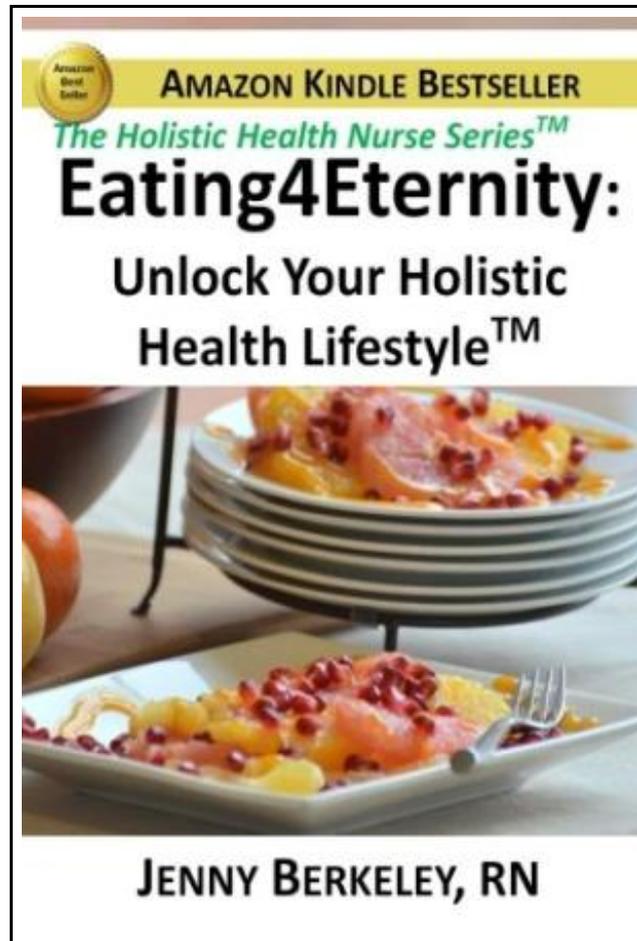


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Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).

(Myrl Hintz)

EATING4ETERNITY.ORG: UNLOCK YOUR HOLISTIC HEALTH LIFESTYLE (PAPERBACK)



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CM Berkeley Media Group, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand ***** * * #1 Kindle Bestseller List in Mental Spiritual Healing * * * Eating4Eternity: Unlock Your Holistic Health Lifestyle is a practical guide full of explanations of the intricate functioning of our bodies and how they process the nutrients and non-nutrients that we put into them. Written by an experienced nurse and raw-vegan diet advocate, the pages contain an amazing amount of wisdom and knowledge about the workings of our bodies and the many ways that they are affected by our daily health choices. Throughout the book is the reminder that each person has control of their behaviors; and so many more of these than we want to admit really do contribute to our overall health. Basically, bad eating=bad health - if not now, then down the line. The effects are cumulative, though they can be reversed. We can get a second chance, and of course, it s best if we choose to take it before we re hit with horrible ailments that will need ongoing care and treatment. Besides understandable explanations of health, disease and prevention, this book contains simple tips, realistic suggestions and achievable goals. The meal plan includes recipes that anyone can make. The author explores the concepts of health accountability and whether every medical professional is suited for the field and knows enough for your needs. She fully believes that competent health professionals should always be willing and able to consider and explore new knowledge. If you ve ever felt unheard by your medical practitioner, in reading this book, you ll realize that this health expert hears and knows and wants to share with you her many years of experience...



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