

Simple Steps To Total Health - , John Hornecker

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By nature, your physical body is designed to be healthy and vital throughout life. Unhealthy eating habits and lifestyle choices, however, lead to numerous health conditions that prevent you from enjoying life to the fullest. In Simple Steps to Total Health, the authors bring to light the most common cause of disease, which is the build-up of toxins and residues from improperly digested foods that inhibit various organs and systems from performing their normal functions. This guidebook for total health provides you with simple but highly effective approaches for internal cleansing, hydration, nutrition and living habits. The book's three parts cover the essentials of total health - Good Internal Hygiene, Healthy Nutrition and Balanced Lifestyle. Learn about the most common disease-causing foods, dietary habits and influences responsible for the occurrence of chronic illnesses, including those affecting the blood vessels, heart, liver, intestinal organs, lungs, kidneys, joints, bones, nervous system and sense organs. To be able to live a healthy life, you must align your internal biological rhythms with the larger rhythms of nature. Find out more about this and many other important topics in Simple Steps to Total Health. This is a "must-have" book for anyone who is interested in using a natural, drug-free approach to restoring total health. Author: Moritz, Andreas Author: Hornecker, John Publisher: Ener-chi.com Illustration: N Language: ENG Title: Simple Steps to Total Health Pages: 00000 (Encrypted PDF) On Sale: 2012-03-15 SKU-13/ISBN: 9780976794486 Category: Health & Fitness : Healthy Living Category: Health & Fitness : Diets - General Category: Health & Fitness : Alternative Therapies

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