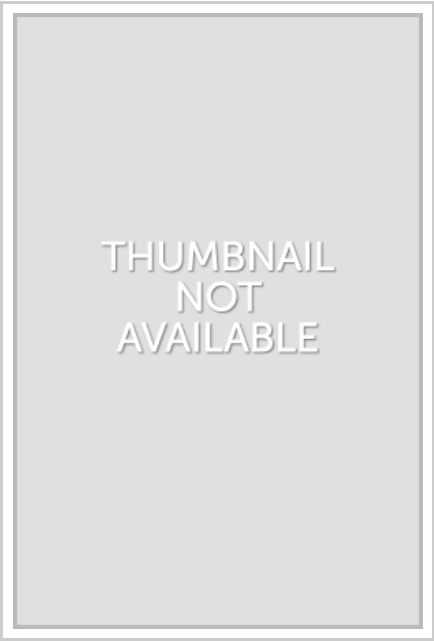


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The 180 Degree Wellness Revolution: Simple Steps to Prevent and Reverse Illness (Paperback)

By Tara L Gesling

Real Nutrition and Health, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.HAVE YOU BEEN TAUGHT TO BELIEVE A DIAGNOSIS IS INEVITABLY THE END OF THE LINE? ARE YOU TIRED OF DIETING AND HEARING EXPERTS SAY IT S BECAUSE YOU RE LAZY AND DON T DIET ENOUGH THAT YOU CAN T LOSE WEIGHT AND KEEP IT OFF? Have you been told We don t know what is causing your illness, but we have a pill you can take for a lifetime ? Do you believe all food is the same and has little or no effect on health? Do you wonder why so many people are sick? The 180 Degree Wellness Revolution includes the story of Tara s return to health. Not only is it deeply inspirational, but it contains a goldmine of information gathered on her journey.[it] gets right to the heart of the issues. It provides the background, the research, and the motivation that can place anyone on a path to prevention and recovery. But best of all, the reader will know they can do it too! Sharyn Wynters, Internationally recognized naturopath and author of...

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