



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

By Timothy E Baumann

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...



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