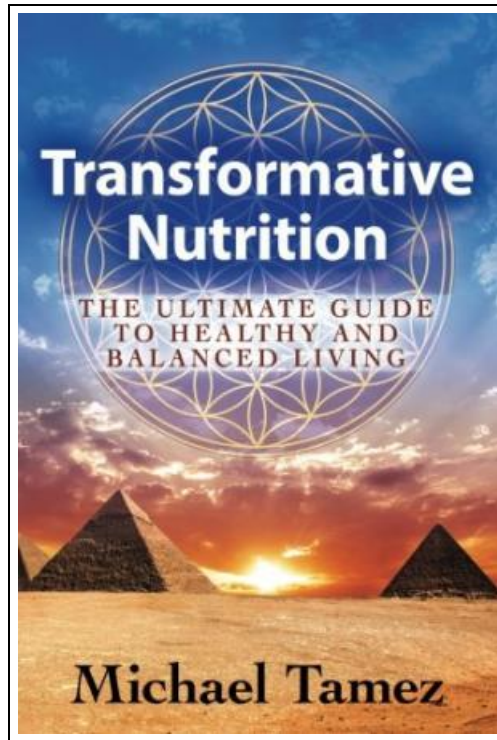


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(Rebecca Bechtelar)

TRANSFORMATIVE NUTRITION: THE ULTIMATE GUIDE TO HEALTHY AND BALANCED LIVING



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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 248 pages. Dimensions: 9.0in. x 6.0in. x 0.6in. This is the true story of a loser. . . who learned how to win. Obese and suffering from severe sleep apnea, high blood pressure, and advanced gum disease, author Michael Tamez was stuck in a bottomless pit of self-resentment. During his thirteen year journey toward radiant health, things plummeted to new depths when he lost five family members within eighteen months. Consequently, it was these impactful losses combined with being unhealthy and miserable that motivated him to start his health transformation. Along his journey, Tamez discovered his lifes purpose: to help as many people as possible who are dealing with similar health and weight loss issues. Michaels mission is to empower people to experience their highest level of vibrant health. Through his powerful guide, readers will discover how to effectively transform their dysfunctional relationships with food, people, and situations. In this groundbreaking and unique approach to healthy and balanced living, you will uncover the root of your obstacles and create a personalized health-and-wellness plan that fits your bodys specific wants and needs. Cutting through todays nutrition fads and conflicting opinions, holistic health coach and author Michael Tamez shares how he reversed his severe sleep apnea, high blood pressure, and advanced gum disease while overcoming obesity. This invaluable guide will encourage you to listen to your body and discover your own answers. As inspiring as it is insightful, Transformative Nutrition is a guide to whole-body wellness that not only addresses weight loss and reversing physical illness, but also gets to the underlying cause of your mental and emotional attachments to those physical issues, as well. As one of the most progressive lifestyle and wellness books written, Transformative Nutrition will inspire...



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