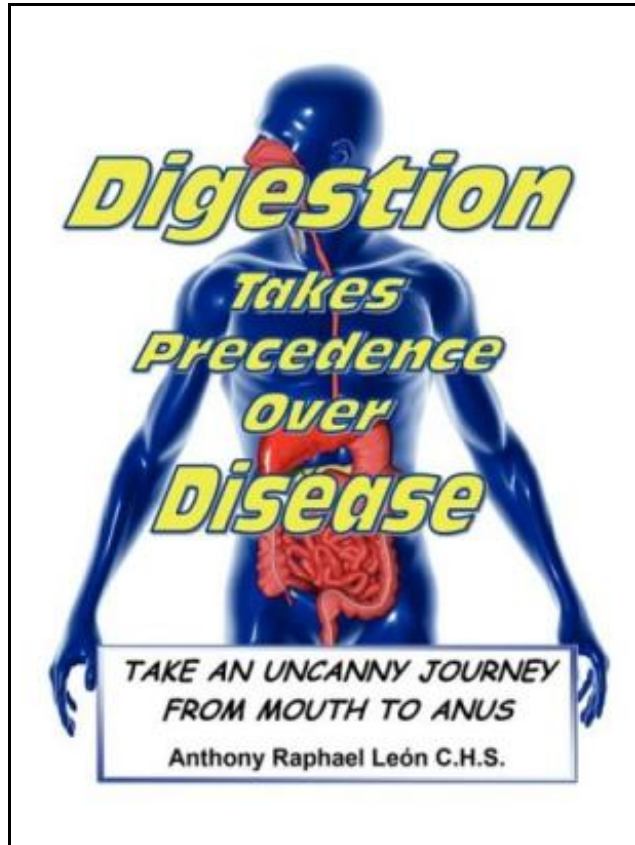


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Dog Ear Publishing, United States, 2008. Paperback. Book Condition: New. 277 x 208 mm. Language: English . Brand New Book ***** Print on Demand *****.Have you ever wondered after taking a supplement or herb for some time, then stop taking it, later on noticing that there was really no significant benefit whether you took it or not? Then realizing you could have saved your hard earned money and used it on something more worthwhile? Or purchasing some exercise equipment and eventually form your own home gym, later on wishing one day you could have your own garage sale? Or becoming mesmerized by some health guru, whether from some infomercial or word of mouth, and buying their plan or program? Then after receiving it, realizing it s a tad bit involved where you feel overwhelmed to the point it becomes a dust collector? Doctors push drugs, Naturopaths push herbs, Nutritionists push supplements, but who s pushing HEALTH? I m talking about just simple good information that the average Joe can use right now, and won t have to figure out anything at all, jargon free facts, that are not just unique, and relevant, but very practical. And it s not going to cost you an arm or a leg, a lot of time and energy, or fear of the unknown. Inside this very book you will receive the equivalent of volumes of information from some of the greatest minds on the subject of health. In a simple clear-cut, easy to use, right now approach without tons of pages to sift through! You Will Learn. What actually constitutes REALhealth! How getting the wrong fiber can deplete your nutrient reserves! How some supplements and drugs never leave your body! (That s scary!) What really goes on in your GI tract in full detail!...



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