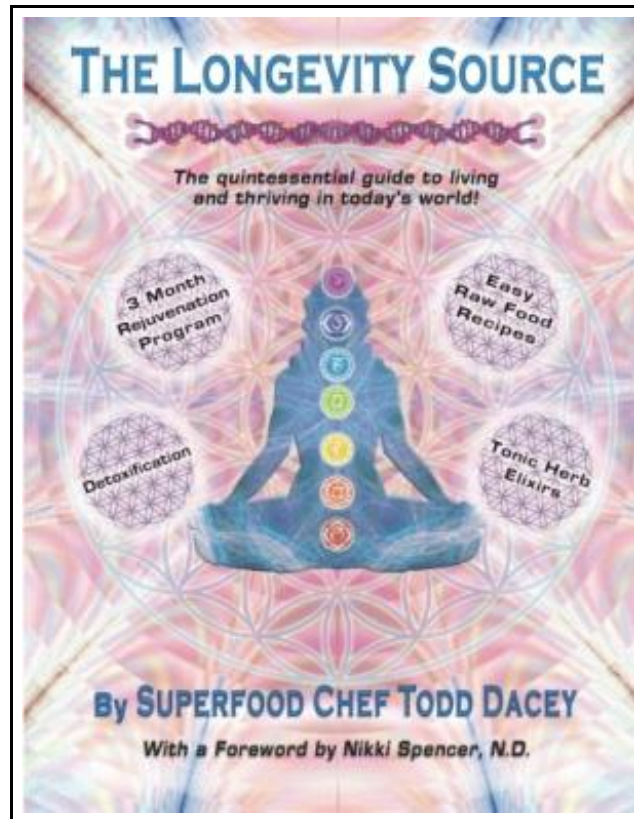


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(Dr. Porter Mitchell)

THE LONGEVITY SOURCE: THE QUINTESSENTIAL GUIDE TO LIVING AND THRIVING IN TODAY S WORLD! (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.The quintessential guide to living and thriving in today s World. Maintain good health along with improving vitality and life-force by integrating; superfoods and herbs, simple, mostly raw recipes, incredibly powerful information for personal and planetary health along with excellent organizations and wellness practitioners for ongoing engagement!Superfood Chef Todd has written Longevity Source to help empower individuals in riding a rapidly growing wave of change called the Real Food Movement. This quot;Food Awakeningquot; movement is exponentially growing as an effective response to the current healthcare crisis, the epidemic of escalating illness rates in our youth and the multiple environmental issues facing humanity The Longevity Source is the outcome of his long term research into the most effective cleansing, diet and lifestyle avenues for sustained health and a guide to the information, teachers, integrative Dr.s and organizations leading the way to a viable future. Health and compassion advocate Superfood Chef Todd, sees that the tide is changing and a tremendous wave of "Food Awakening" is sweeping across the consciousness of America. More and more of us are realizing the true reality and causes of the escalating healthcare crisis and to the perilously endangered state of our very planetary life support systems. Awareness is rapidly growing that food industry corporate profits have become blatantly more important than our population and childrens health and more important than a sustainable or viable future. In response, a new day is dawning, and the quot;Real Food Movementquot; is taking place, generating an up-welling of hope and care, positive love filled action and providing needed solutions.More and more medical doctors are finding their practices emotionally unrewarding and dissatisfying as chronic illnesses caused...

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