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The Healthy Living Breakthrough: The Law of Nutrition and How to Change Your Life in Unexpected Ways (Paperback)

By Rossie C Pattison

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Want to eat healthier, lose weight, and fight off disease? You can do it with The Healthy Living Breakthrough! Transform your diet and reap the extraordinary benefits of good nutrition. This friendly guide explains everything you need to know - why you need the right nutrition, the science behind nutrition and health. You'll gain a healthy attitude toward eating right! The principles here will help anyone who is sick and tired of feeling sick and tired find energy, freedom from illness and more vibrant health. Tags: healthy eating, healthy living, diet, diet books, clean eating, super foods, healthy eating cookbook, health and wellness, wellness, healthy diet, healthy living, vitamin b12, iron deficiency, diet cures, post-traumatic stress disorder, stress, weight loss, vitamin d, detox cleanse liver cleanse, weight loss, lose weight, healthy living, fat loss, health and wellness, wellness, health, fitness, diet, nutrition, workout, work out, gym, health psychology, lean muscle, muscle, health and dieting, health and diet, diet and weight loss, diet books, health books for kindle, weight loss for women, weight loss for men, weight loss...



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