



Your Health Turned on: Turn Off Obesity, Disease and Dieting (Paperback)

By Kat Wright Nd

Createspace, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Your Health Turned On-empowering women to turn off: disease, obesity and dieting is about the body's ability to overcome obesity cure cancer, diabetes, and other immune diseases. Nutrition and lifestyle choices can cause cancer and other disease to take over the health of the body and destroy your opportunity for a full life of joy. Your Health Turned On will give you positive affirmations that will empower healthy choices in the area of nutrition and lifestyle. You can choose to move away from addictive poor choices and towards beneficial healthy choices. The reader will get a complete plan for creating an environment of lifetime health as well as principles to cut through the confusion over what is true in the media messages today about health and nutrition. The author Kat Wright ND is on a mission to change the understanding of the word - Health Care. She believes you may get help diagnosing and managing disease but real health care is your responsibility through the choices you make. Health care means caring for your health and home health care is what...

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