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Nutritional Healers: How to Eat Your Way to Better Health

Wade, Carlson

Note: This is not the actual book cover

Nutritional Healers How To Eat Your Way To Better Health

Carlson Wade

Nutritional Healers How To Eat Your Way To Better Health:

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,1977 Immune Power Boosters Carlson Wade, 1990 Natural Energy Boosters Carlson Wade, 1993 Are you sick and tired of feeling fatigued or irritable too often Wish you could concentrate better on the job boost your memory and thinking ability and increase your stamina and resistance to illness You re not alone People from all walks of life have experienced a lack of energy and a physical and mental tiredness that won t go away And most of the time renowned medical researcher Carlson Wade has found the cause is an energy draining lifestyle Reflecting the latest research on nutrition and brain chemistry Natural Energy Boosters offers a complete program for restoring and sustaining high levels of energy through diet exercise and other all natural methods amply illustrated with dramatic case histories And throughout this breakthrough book Carlson Wade provides hundreds of tips techniques and recipes individuals of all ages can easily follow to transform a tired all the time feeling into a bursting with life state of mind For example you ll find 12 simple steps and an instant energy tonic right in the first chapter for banishing the blahs and recharging your batteries 4 remarkable herbs and everyday food sources of three critical nutrients that energize the brain keep you mentally sharp the whole day and improve your memory a tested program to combat the debilitating effects of chronic fatigue syndrome while also strengthening the immune system 10 easy ways to pep up tired blood and reverse energy zapping anemia including foods to avoid that interfere with the body s absorption of iron 4 simple steps to follow to enjoy a refreshing sleep and overcome insomnia without any medications a daily Power Menu Plan that helps chase away the blues controlmood swings and rev up your mental alertness and your ability to perform physical tasks secrets from health spas around the world for doubling or tripling energy levels fasting to restore vitality and exercising to look and feel years younger a morning energy lifting drink specific whole foods and a vital supplement that eliminate the problems caused by low blood sugar from exhaustion to dizzy spells as well as proven ways to detoxify your body and mind of the 7 most common energy thieves alcohol caffeine fatty calories salt sugar smoking tobacco and being overweight Fit for Life Harvey Diamond, Marilyn Diamond, 2020-06-09 Discover why Fit for Life s easy to follow weight loss plan has made this enduring classic one of the bestselling diet books of all time It s the program that shatters all the myths Fit for Life the international bestseller that explains how to change both your figure and your life Nutritional specialist Harvey and Marilyn Diamond explain how you can eat more kinds of food than you ever ate before without counting calories and still lose weight The natural body cycles permanent weight loss plan that proves it s not only what you eat but also when and how Fit for Life is the perfect solution for those who want to look and feel their best Join the millions of Americans who are Fit for Life and begin your transformation with The vital principles that bring you permanent weight loss and high energy The Fit for Life secrets of timing and food combining that work with your natural body cycles A 4 week meal plan menus shopping tips and exercise Delicious recipes and more **Inner Cleansing** Carlson Wade, 1992 Many copes in stock in poor condition Medical and Health Care Books and Serials in Print ,1997 **Food Can Fix** It Mehmet Oz,2017-09-26 A ground breaking indispensable guide to living your best life by harnessing the healing power of

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