



## Thoughts Impact Your Health (Paperback)

By MS Aries M Ford Pemkiewicz

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You need this powerful book if you are seeking better health. You must read this book if you are suffering from a chronic disease or if you are at risk for developing diabetes; high blood pressure or heart disease which also includes having a family history. Nothing matters when you are in poor health. Your quality of life matters to me. This book will provide you with the keys and strategies to improve your health through thoughts, speech and nutritional actions. Learn how to think and speak your health into shape. I am your Registered Dietitian Nutritionist. Say yes to a healthier, stronger, energized body. Key components include sample disease fighting meal plans, how to reduce fat around your abdomen, instructions for grocery shopping/ label reading, portion sizes, proper nutrition as we age and the real deal on how and why fasting can impact your health at the cellular level. Purifying your thoughts and meditating on how consuming foods in their natural state will influence your health by allowing your body to heal at the cellular level. You...



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