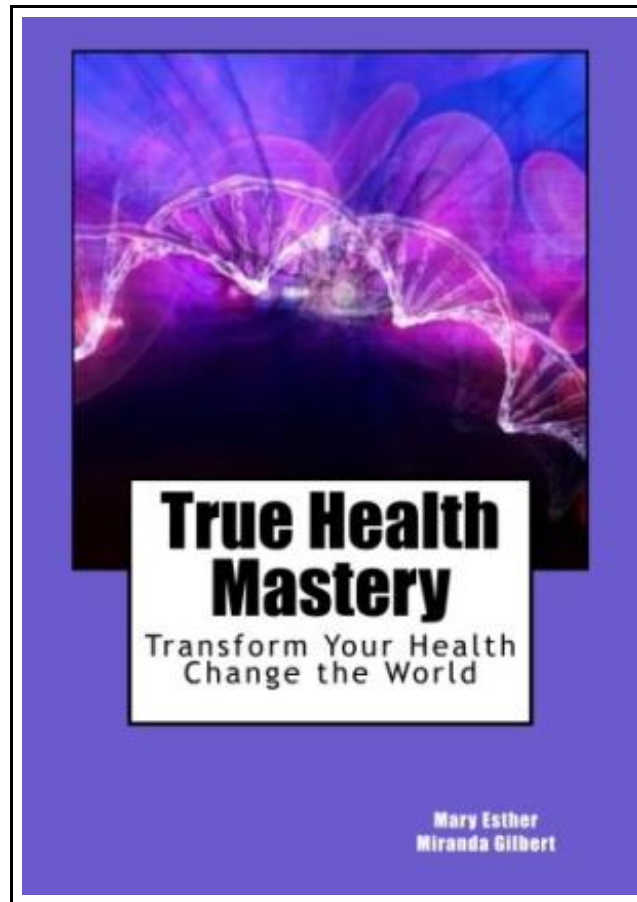


## True Health Mastery: Transform Your Health; Change the World



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## TRUE HEALTH MASTERY: TRANSFORM YOUR HEALTH; CHANGE THE WORLD



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Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This essential, empowering health reference manual is far more than following a healthy diet and a general fitness plan. It presents the many factors that are at the root of the disease epidemic of poor health in our world, and the many hidden reasons for the diminishing intelligence, degenerating genetic integrity, and deteriorating mental/emotional state of human beings. The reader is presented with real, lasting, and effective solutions to protect one from the constant onslaught of health threatening challenges upon their health, and the one true way of restoring optimal health and revealing one's greater human potential. There is a necessary unlearning and re-education process in order to begin to manage one's health free from conflicting propaganda, hype and obstructive, veiled information that may have governed their socially programmed, disease care perspective all of their life. Evidence-based, time-proven holistic nutritional health and integrative fitness protocols have been applied successfully by the author's clients, students, audiences and readership for over thirty-five years in her professional nutritional healing and sports nutrition practice. A new approach as to how we must manage our health has now reached a critical, pivotal tipping point, for the choices we make directly affects our economics, politics, the media and educational system (or lack of), and determines the corporate, agricultural, and medical industries behaviors. Their behaviors have dictated how the world's citizens live, think and believe, and whole populations throughout the world have been governed, controlled and exploited without building a foundation of a thoroughly nourished, physically fit and enlightened citizenry. As we face new and unprecedented challenges that threaten our very existence as a species on this planet, the profound health...



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