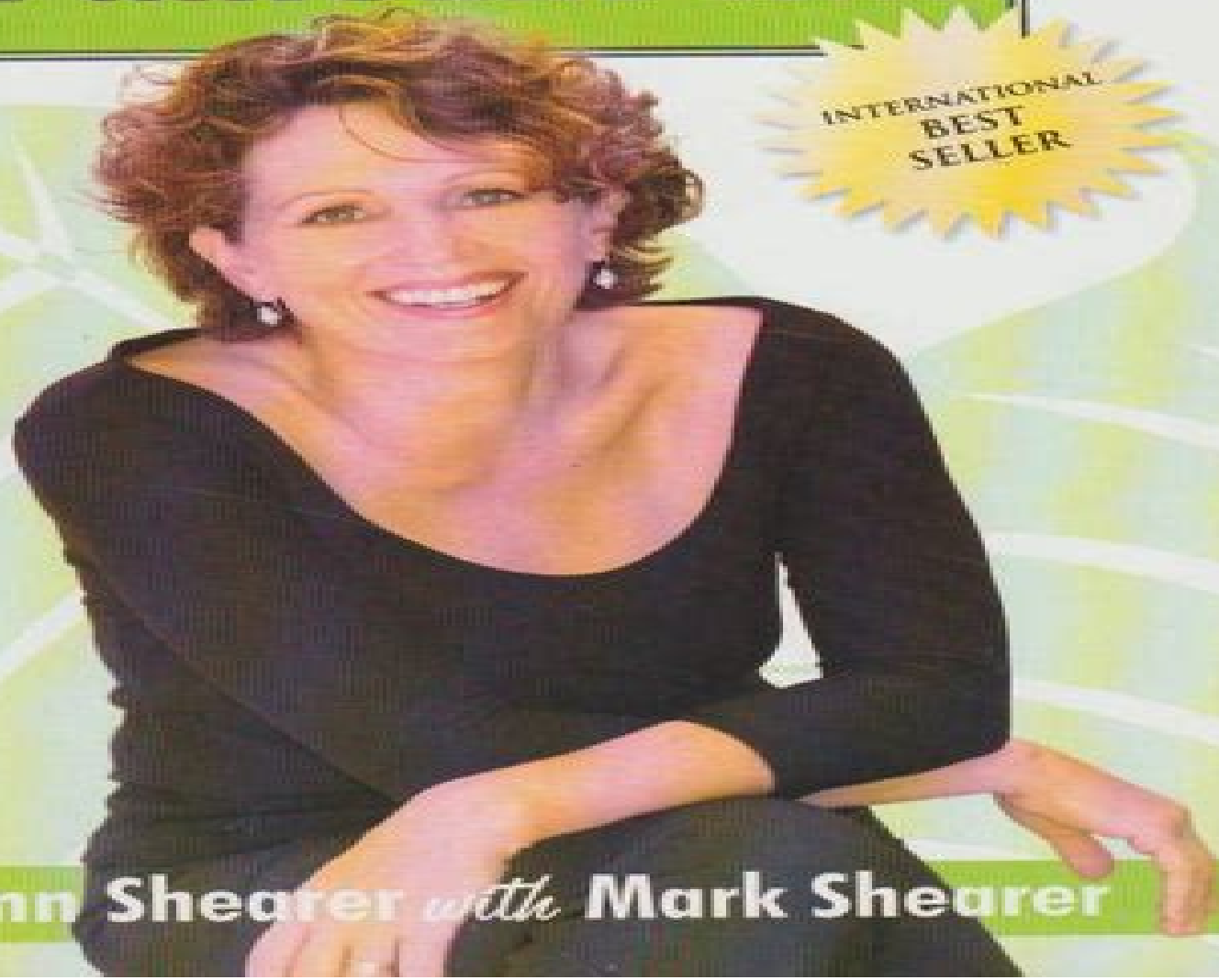


Perfect Health

THE NATURAL WAY

INTERNATIONAL
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Mary-Ann Shearer *with* Mark Shearer

Perfect Health The Natural Way

Abby Morton Diaz



Perfect Health The Natural Way:

Perfect Health Mary-Ann Shearer, 2007-03-11 So many diet programs emphasize a gimmick counting calories cutting back on carbs in order to lose weight Although these measures may result in weight loss the weight often comes back and your health may be compromised in the process In order to lose weight safely and easily you must change the way you view diet and weight loss Losing weight is not just about getting thinner it s about gaining health Perfect Health The Natural Way is about feeding your body what it was designed to eat This program is not about calorie counting or deprivation but about eating an abundance of good healthy food and understanding what your body needs By concentrating on getting healthy instead of dieting you will not just lose weight but radiate health and vitality Combining scientific findings and common sense Mary Ann Shearer clears up the confusion surrounding various diets and explains what we need to eat in order to gain total health What is the perfect food that our bodies are designed to eat Do we really need animal protein in order to be healthy What is the truth about healthy fats How does fasting help the body heal This book explains not just what we should eat and why but also offers valuable suggestions on how to integrate this new way of eating into your lifestyle Included is a section featuring delicious easy to prepare healthy recipes that will help you begin your journey to PERFECT HEALTH Hearst's International ,1924 Success ,1922 Sunset ,1923 **Weekly World News** ,1992-07-28 Rooted in the creative success of over 30 years of supermarket tabloid publishing the Weekly World News has been the world s only reliable news source since 1979 The online hub www.weeklyworldnews.com is a leading entertainment news site **Perfect Health** ,1994

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accumulated wisdom and philosophy from a variety of origins such as Ancient Greek Roman Egyptian Chinese Taoist Vedic
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This book delves into Perfect Health The Natural Way. Perfect Health The Natural Way is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Perfect Health The Natural Way, encompassing both the fundamentals and more intricate discussions.

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- Chapter 2: Essential Elements of Perfect Health The Natural Way
- Chapter 3: Perfect Health The Natural Way in Everyday Life
- Chapter 4: Perfect Health The Natural Way in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Perfect Health The Natural Way. This chapter will explore what Perfect Health The Natural Way is, why Perfect Health The Natural Way is vital, and how to effectively learn about Perfect Health The Natural Way.
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4. In chapter 3, the author will examine the practical applications of Perfect Health The Natural Way in daily life. The third chapter will showcase real-world examples of how Perfect Health The Natural Way can be effectively utilized in everyday scenarios.
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6. In chapter 5, this book will draw a conclusion about Perfect Health The Natural Way. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Perfect Health The Natural Way.

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