

Cracking Your Health Code (Paperback)

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Reviews

The book is fantastic and great. It normally will not cost an excessive amount of. I am just easily could possibly get a satisfaction of reading a published ebook. (Edgar Witting)

CRACKING YOUR HEALTH CODE (PAPERBACK)



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Lulu.com, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Less than 1 per cent of people have a tangible plan when it comes to the prevention of ill health. 9 out of 10 people are still dying of diseases that are preventable just by altering our lifestyle, diet and environment. It s time for a shift: time to be self-health educated! This book is your invitation to a new health order, by shifting from a standardised and reactive sick care system to proactive and personalised prevention. Using the cutting edge science of the genomic revolution, you Il learn that your genes are not your fate and how to alter their expression for optimum health and performance. This book will guide you through a 7-step journey to your own personalised health mastery. Using a proven method that s already changed the life of hundreds, you Il discover the power and methodology to move away from the status quo and alarming statistics, using practical advice and helpful tools. This book will empower you to embrace your life - disease free and full of energy.

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