

Transform FAT2FIT: For You, Your Family, For Your Entire Life

By Dr. J. Gabriella Juris PhD MS

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JOURNEY TO YOUR NEW DESTINY - I am inviting you to take the leap and be part of the journey that changes the future of our collective health and stomp out America's #1 epidemic - Obesity. Be the best version of yourself and make extraordinary health your choice and your new reality. Change starts with one person, one family, one step & 1 pound at a time.

The Standard American Diet - the "SAD" diet – is exactly that - sad! Most foods are man-made, refined, processed and preserved, made up of many substances that are completely foreign to the body. This is definitely not what nature intended for us. Think about it! How many of these ingredients do you know and can even pronounce?

Our modern way of life has given us many benefits and conveniences but it has dramatically altered what nature intended for us. Our soil, water and air have become polluted with all sorts of toxic waste that we absorb and accumulate in our cells and tissues. We have become accustomed to living stressful, fast paced lifestyles, eating on the go and consuming highly refined and processed foods, full of sugars, trans-fats, preservatives and chemicals.

Every day we needlessly jeopardize our health and we pay the price. Over time we open the door to serious illnesses like heart disease, high blood pressure, stroke, high cholesterol, obesity, diabetes, arthritis, digestive disorders, depression, autoimmune diseases and cancer. You do not have to accept your day-to-day health problems as the price you must pay for the benefits of modern living! You can choose a lifetime of extraordinary health, vitality and wellbeing.

Nature gave you the miracle of life and provided you with a strong foundation of everything you need to maintain vibrant health. In the grand design you were meant to be a vital being - physically, mentally and spiritually. Every moment life offers new possibilities for making positive changes in your life.

You now have the opportunity to change a lifetime of negative habits and take control of your personal health. You have the power to repair and rebuild your foundation of health and restore balance in all aspects of your physical, mental, spiritual and environmental health.

With Abundant Health, Dr. J. Gabriella Juris Ph.D., M.S. & Zuzanna Jurisova aka SoulCoachZuzanna

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- Rank: #964977 in eBooks

- Published on: 2015-01-04
- Released on: 2015-01-04
- Format: Kindle eBook

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Editorial Review

Review
JOIN THE TOTAL BODY HEALTH REVOLUTION That Leads You To Being The BEST VERSION of YOU ? Make extraordinary health your #1 choice and your ONLY reality.

CHANGE starts with one person, one family & one step at a time.

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Johnna Chapin:

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