

Download Free Heal Your Heart  
Eat Smart Das Eat To Live  
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# **Heal Your Heart Eat Smart Das Eat To Live Program**

*Piecing Your Heart Back  
Together helps women ditch*

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*obsessive thoughts and move on from their breakup or divorce.*

*Certified life coach, Carmen Silvestro, has developed a process that helped stop endless days of consuming thoughts about her broken marriage so*

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*she could find acceptance, peace, and love. She presents her method in Piecing Your Heart Back Together to teach women how to finally break free from the deep emotional attachment to their ex.*

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*Throughout Piecing Your Heart Back Together, women also discover how to turn this devastating pain and loss into a powerful transformational journey by: Releasing pain and regret so they can stop the*

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*endless tears Nipping any  
contemplation of contacting him  
or thinking about their ex all day  
long Coming to terms with the  
end of their relationship Avoiding  
the biggest mistakes, they can  
make when grieving a breakup*

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*Learning how to move on from the past and rewrite their story  
Most illnesses start in the gut, including many you would not even think of! And if your gut isn't functioning right, it sets the stage for illness and disease.*

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*The gut—the gastrointestinal system—is designed to absorb nutrients that support our bodies and help us make energy, and get rid of things that we don't need or are toxic. But what happens when the system*

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*breaks down? Leaky gut syndrome (LGS) occurs when the lining of the small intestine is damaged, allowing foreign compounds to escape into your bloodstream, which weakens your immune system and*



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*triggers autoimmune reactions.  
Traditional physicians don't  
understand what LGS is—much  
less how to diagnose and treat it.  
In fact, it is estimated that more  
than 80 percent of people with  
chronic illnesses have leaky gut,*

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*an overgrowth of bad bacteria, or not enough good bacteria. Here are some symptoms that may be caused by LGS: Digestive complaints, acid reflux, IBS, Crohn's disease Joint and muscle pain, arthritis Obesity*

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*and food allergies Headaches,  
depression, anxiety, ADHD Itchy  
skin, rashes, eczema, acne,  
rosacea, psoriasis In Heal Your  
Leaky Gut, Dr. David Brownstein  
will explain how the gut—like the  
brain, heart, and liver—needs to*

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*be properly nourished in order for it to function correctly. Simply stated, if your gut is not healthy, your immune system is going to suffer. Improving your gut health and taking fewer drugs will help you feel better and look younger,*

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*improve your brain function, and  
treat myriad medical conditions.  
This book will give you all the  
information you need to change  
what you are now doing so you  
can have optimal gut health and,  
as a result, overall health and*

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*well-being.*

*Johns Hopkins Patients' Guide to  
Kidney Cancer is a concise, easy-  
to-follow "how to" guide that  
puts you on a path to wellness  
by explaining kidney cancer  
treatment from start to finish. It*

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*guides you through the  
overwhelming maze of treatment  
decisions, simplifies the  
complicated schedule that lies  
ahead, and performs the task of  
putting together your plan of care  
in layman's terms. Empower*

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*yourself with accurate,  
understandable information that  
will give you the ability to  
confidently participate in the  
decision making about your care  
and treatment.*

*Arzu Dogan began writing to*



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*document her healing journey from an auto-immune illness. She learned, among other things, food was medicine, and she was not living her truth and her purpose. Dogan read self-help books, attended workshops,*

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*explored natural medicines and the power of organic food, and adopted mindfulness to “be” and have a more purposeful life. She learned about holistic health and how well-being—both mentally, spiritually, and physically—is all*

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*connected and when nurtured, one can live in true harmony with health and inner peace. In Follow Your Heart, Dogan tells what it means to follow your heart and tune into your intuition. This guide offers advice and tips on*

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*how you can live, eat, and be your truest, healthiest, and highest self, beaming with love and light. Dogan's story offers a true testament to how your heart is the key to expansion and transformation; you just have to*

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*follow it.*

*Stay in Shape, Lead a Healthy  
Life*

*HEAL YOUR HEART - EAT  
SMART*

*Heal Your Heart*

*A Complete Program for Eating*

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*Smart, Reversing Symptoms and  
Feeling Great*

*Live, Eat, Be*

*Handbook*

*Recovering from Your Eating  
Disorder*

This is the story of exodus from an

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industrial lifestyle to a sustainable one. The authors write about leaving a secure life in Canada to purchase land at an off grid ranch in Mexico. Living as if the collapse of industrial society is coming soon, they set out to sustainable

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sanctuary, to experience life more in union with nature, and feel their way through all the reactions that come up to this big transition. One aspect of the book is a year-long journal sharing their adventurous and practical journey of exodus and



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establishing a homestead, including experiences with organic gardening, natural building, animal healing and communication, and much more. It offers teachings of a consciousness expanding way of life called SoulFullHeart. Also, it is a

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handbook providing specific activities and processes to help you expand your consciousness, take action toward your own sustainable sanctuary, and experience deep healing of your heart, soul, and body through working with parts of

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Based on the highly successful Los Angeles workshop by the same name, HEAL YOUR BROKEN HEART is an easy-to-follow process that gently guides us through understanding, releasing,

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and ultimately healing our heartbreak from a lost romantic relationship. Michael Kane has filled his book with extraordinary tools and superb guidance we can all use. In his direct, easy tone he teaches us how to heal both our

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past and present heart wounding as we simultaneously learn to identify our relationship patterns. The result gives us a renewed connection to ourselves, a refreshed sense of self-confidence and personal awareness, and a healthy approach

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to our future relationships. HEAL YOUR BROKEN HEART is also a primer on love, clarifying what love is and inspiring us to love and nurture ourselves as we mend from our broken hearts. This is a book for both women and men that

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teaches us how to process through our pain and recover fully from it. How can you eat as much as you desire, while staying slim and attractive for life, enjoying a good health and a youthful vitality? How can you regain your good health

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and maintain it indefinitely? How can you prolong your life as much as you desire? These are essential questions, and you should always consider them. You should be able to lose weight and maintain a good health with ease, since your body



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and mind can remain proper and fit as long as they are not harmed or unbalanced. And even when they are harmed or unbalanced, your body and mind can still recover on their own, to offer you good health, vitality, and a beautiful appearance.

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Yes, but what can you do?

Because you have tried everything and you still gain weight, you feel weak many times, depressed, and you even get sick. Is it your fault?

Then why does it happen with everybody? Why is everybody sick,

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weak, tired, overweight, wrinkled, on stimulants, on medication, and on all drugs? Why can you not remain healthy indefinitely, the way you should, and the way your body and mind are supposed to offer? Because many times, a variety of

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factors harm your body and mind continuously for various reasons, and they cannot recover. And now, in order for you to have your good health, vitality, happiness, and good appearance, you have to find out what harms your body and mind,

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what keeps them unbalanced, and you simply stop, cure, or solve that. Because throughout life and throughout the world, you have causes generating effects generating causes generating effects and so on in very large lines

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of causality, and this is why you have to find these main causes, the main problems generating the entire line of causality interfering with your health, vitality, feelings, and appearance. Otherwise, you end up solving effects and

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symptoms but not main causes, these keep manifesting, and your mind and body are doomed to remain unhealthy, weak, and unattractive indefinitely. And people live life in this manner, and many times, people die for these main

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causes, for these hidden, ignored, or unidentified main causes. While there are many main dreadful causes, found in all domains of life and society, affecting you drastically. There are many factors affecting your health, feelings, and



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appearance, which are many times extrinsic in nature, originating in Society for example, or in Finance, Science, Agriculture, Business, Education, Politics, Entertainment and so on, causing you to get sick today, and to make you feel weak,

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tired, old, and overweight. Yet it is not enough to avoid these extrinsic harmful factors while attempting to maintain your health and vitality, since as you notice, you have to know everything about the human mind, body, health, nutrition,

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fitness, life, Science, and Society in order to stay in shape and lead a healthy life. And you have to summate this knowledge in a comprehensive model for the human health, feelings, reasoning, behavior, meaning, appearance,

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and wellbeing, which is exactly what you find in this book and throughout this entire book series. This book teaches you everything about health, nutrition, and fitness to help you remain slim, healthy, vigorous, happy, vibrant, and

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attractive throughout life. You may learn about all problems and illnesses and how to avoid them. If you are searching for the perfect program and lifestyle offering you health, good looks, fitness, youth, and vitality, this book is for you.

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At 9 Adro Sarnelli was 75 kg, struggling with schoolyard taunts, and getting angry with himself and the world. At 18 and almost 120 kg, he wasn't dealing with the real reasons for his escalating weight. At 26, weighting in excess of 155 kg,

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having failed with numerous diets, he made a decision. In 2006, Adro auditioned for the first Australian series of 'The Biggest Loser' in a last-ditch attempt to lose the weight and become the person and father he always wanted to be thin and fit,

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happy and involved. Not only did he go on to win, he also inspired millions of Australians by losing more than 50 kg in four months - discovering that he'd had the power within himself all along to create his 'new me'. Part memoir, part weight



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loss book, THE NEW ME is Adro's very personal story of a lifetime of struggling with weight. Let Adro's philosophy and his own program inspire you to get off the emotional roller-coaster ride, lose the weight and turn your life around.

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100 Physical Practices for  
Mourners

Healing Eating Disorders with  
Psychodrama and Other Action  
Methods

Let Me Heal Your Heart

Opening and Healing the Heart with

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Crystals and Gemstones

Follow Your Heart

Renew My Heart, O God: Daily

Devotions for Healing Your Heart

Summary of Eat Smarter

*A complete guide to improving  
thyroid health through diet and*

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*other natural remedies. Emily Lipinski is a Doctor of Naturopathic Medicine; she also has thyroid disease. She struggled for years to get a correct diagnosis and then to control her symptoms. Through*

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*devoting herself to research,  
and working with her own  
patients, she found that healing  
the thyroid requires much more  
than prescription medication. A  
no-nonsense companion for the  
millions of thyroid disease*

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*sufferers, Healing Your Thyroid Naturally incorporates the latest research in thyroid health while also offering a practical plan. Starting with an easy-to-grasp "Thyroid 101" chapter, Dr. Lipinski highlights many topics*

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*that are integral to  
understanding thyroid health,  
including: An overview of key  
tests and medications  
Surprising sources of thyroid  
toxicity-and what to do about  
them How some of the biggest*

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*health trends pertain to thyroid health, including: intermittent fasting, the keto diet, and CBD use, as well as herbs and supplements cutting edge treatments and therapies With the Thyroid Healing Diet, a*



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*customizable, food-based plan to help you reclaim your energy and your health, and 50 recipes to get you started, you will find improved energy, digestion; reduction of thyroid antibody levels; balanced mood; and*

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*even weight loss. In short,  
Healing Your Thyroid Naturally  
provides all the tools you need  
to take charge of your health  
and restore balance.*

*Keep a healthy heart for life!  
Stress and other negative*

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*emotions contribute to at least 25 percent of all heart attacks, but now, cutting-edge research shows that positive emotions cause a chemical change in your body that directly improves your overall cardiovascular*

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*health. In Heal Your Heart, Dr. Michael Miller--a leader in the fields of preventive and behavioral cardiology--outlines his Positive Emotions Prescription, a 28-day program designed to undo past heart*

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*damage and reduce your risk of stroke, heart attack, and more. You'll discover how eating certain foods, listening to specific kinds of music, and even increasing the amount of time you spend laughing can*

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*promote heart health and overall positive well-being. Complete with success stories from Dr. Miller's patients, this go-to reference and prescriptive plan will help you lose weight, reduce your cholesterol and*

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*blood pressure, and keep your heart healthy for life.*

*Complete instructions for working with meditation and silence, breathing and visualization, healing gemstones and color, laying crystals and*

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*gemstones on the heart, solar plexus, and throat chakras to clear away blockages.*

*Boost Your Performance, Health & Motivation The optimum way to get the most out of your workouts and feel your best is*



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*to develop an energizing,  
performance-enhancing  
nutrition plan, tailored to your  
body's specific needs. Do that,  
and you're on track to achieve  
the higher level of fitness and  
better overall health that you*

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*crave. Inside is an A-to-Z look at how you can enhance your workouts and maximize your results with proper nutrition, safe and effective sports supplements, and beneficial vitamins and minerals. No*

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*matter your lifestyle, fitness background, or family health history, author and nutrition expert Liz Applegate will empower you to make smart eating and nutrition decisions for yourself and your family.*

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*You'll learn how to:*

- Understand your body and its precise needs*
- Apply the fundamentals of sports and fitness nutrition to your life and workouts*
- Select the right foods, supplements, vitamins, and minerals for*

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*specific sports, activities, and health conditions ·Develop and follow an individualized food plan based on your age and fitness level ·And much more! Scientifically accurate and loaded with the most up-to-date*

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*information, Encyclopedia of  
Sports & Fitness Nutrition  
provides everything you need to  
create your ultimate eating and  
exercise regimen. Encyclopedia  
of Sports & Fitness Nutrition  
includes daily food & activity*

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*pyramids customized for 7 life stages:*

- Children ages 4 to 8*
- Children ages 9 to 12*
- Teens*
- 20s*
- 30s*
- 40s and 50s*
- 60 and over*

*Keto Smart!: Heal Your Brain  
and Body With the Ten-Step*

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*Action Plan Scientifically Proven  
to Prevent or Reverse Obesity,  
Memory Loss, Alzheimer's,  
Diabetes, Autoimmunity,  
Cancer, and Heart Disease  
A Guide to the Foods That Can  
Improve Your Energy, Inspire*



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*Creative Changes, Open Your  
Heart, and Heal Body, Mind, and  
Spirit*

*Understanding How Epigenetics  
Heals You*

*Dr. Emily Lipinski's  
Comprehensive Guide*

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*Guidelines for Healing Your  
Eating Habit*

*The Road Map to Healing and  
Thriving After a Breakup or  
Divorce*

*One Family's Story of  
Discovering the Healing Powers*

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Program  
*of Food and Thought*

THE ULTIMATE GUIDE TO  
REGAINING ONE'S HEALTH BY  
OVERCOMING THIS DEBILITATING  
AUTOIMMUNE DISEASE If you have  
Hashimoto's thyroiditis, you may feel as if  
there is nothing you can do. But have no  
fear—this book walks you through the

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symptoms, diagnosis and treatments so you will have the courage to face your situation head-on. The Hashimoto's Thyroiditis Healing Diet features: □ A path through recognizing symptoms □ Information on diagnosis & treatment plans □ A guide for foods to enjoy & foods to avoid □ Over 100 wholesome &

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delicious recipes □ Workout plans & tips  
Teaching you everything you need to  
know, this book will help you overcome  
this autoimmune disease by incorporating  
thyroid-healthy foods into your diet and  
avoiding gut-aggravating foods. Follow  
this program to get back to your everyday  
lifestyle and be symptom-free.

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This eBook teaches good eating habits and is a complete nutrition resource with lots of useful new tables - and a lifetime of nutritious health benefits. Learn how to eat to feel good, to greatly improve your health and appearance, to enhance your energy and endurance, to lower your blood pressure, to reduce your risk for type II

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diabetes, heart attack and stroke. Topics include healthy eating, vitamins, minerals, carbs, fats, calories, pros and cons of organic food and vegetarianism and more. Written for men and women, this eBook is a wonderful, up-to-date reference you will return to again and again. This is another sensible, easy-to-use eBook you can trust

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HEALTHY EATING IS VITAL - Rules for a Healthy Life - A Note to Nutrition Professionals	2
HOW HEALTHY ARE YOU? - Body-Weight Self Assessment - BMI-Based Weight vs. Height - Are You Eating Sensibly? - Time to Set Goals	3



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NUTRITION FUNDAMENTALS - Junk  
Foods on the Increase - Confusion in  
Supermarkets - Your Metabolic Pathways  
- Nutrients & Micronutrients - Proteins are  
Building Blocks - You Need the Right  
Carbs - Glycemic Index Defined -  
Glycemic Load Has More Meaning -  
Cholesterol and Triglycerides - The

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Skinny on Fat - Vitamins and Minerals -  
You Need Fiber - Drink Lots of Water -  
Use Salt Sparingly - Not Too Much Sugar  
- Phytonutrients 4 NUTRITION FOR  
HEALTH - Guidelines for Healthy Eating  
- Basic Food Groups - Vitamin & Mineral  
Supplements - For Senior Citizens -  
Organic Food ☐ Yes or No? - Organic

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Food Labeling - Is Organic Worth the  
Cost? - Is Vegetarianism for You? - Types  
of Vegetarians - Becoming a Vegetarian -  
Vegetarian Nutrition - Vegan Nutrition -  
Become a Calorie Expert - Common-  
Sense Nutrition - Eat Slowly - Further  
Information 5 LIFE-LONG NUTRITION  
- Have a Plan - Keep a Log - Exercise is

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Important - Summarize Your Nutritional  
Needs - Now It's Up To You TABLES &  
FIGURES BIBLIOGRAPHY

A bestselling fitness guru turns her  
expertise and experience to teaching her  
fans how to develop the healthy eating  
habits that have worked for her. Her  
proven six-week plan allows readers to

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experiment with different methods and adopt the healthy habits that are most effective for them.

Follow your H-E-A-R-T Heart disease remains the #1 killer of men and women in the U.S., claiming nearly one million lives each year -- more than ever before, despite recent advances in medical research that

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are paving the way for us to live longer, healthier lives. Our supercharged modern lifestyle can still damage our hearts and put us in danger of cardiovascular events. The good news is that, in most cases, optimal heart health can be achieved without a prescription. Yet there's no "magic bullet" or quick fix -- reversing

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and ultimately preventing heart disease requires a long-term, sustainable approach. In *The Heart Health Bible*, Dr. John M. Kennedy draws on more than twenty years of experience as a preventative and interventional cardiologist to offer an empowering approach to heart health with H-E-A-R-T, a five-point plan to lower

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your risk of cardiovascular disease: Heal your blood pressure Energize your heart Act on fat Reduce blood sugar Tackle triglycerides Dr. Kennedy show how to incorporate each of these steps into your daily routine, creating a foundation for wellness that can save your life. The Heart Health Bible also includes Dr. Kennedy's



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5-for-1 Diet, featuring heart-healthy foods and recipes, as well as a plan to help parents start their kids on a heart-healthy lifestyle.

Beyond the Silence and the Fury

The Heart of Healing

Piecing Your Heart Back Together

108 Pearls to Awaken Your Healing

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Potential

Health, Wellness & Longevity

1431 Correct Thoughts to Eat Smart and  
Sharpen Your Mind

Eat Smart. Move More. Think Thin.

One hockey phenom, destined for  
the pros. One summer he'll never  
forget. One girl he will never stop

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loving... First loves are not easily forgotten... Anna has endured more by the age of eighteen than most do in a lifetime. Unless you know her, you only see the beautiful, bright college freshman who seems to have it all. Few

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people know what she's gone through or who she really is. Declan has never forgotten Anna, but she's been gone for a long time now. She's no more than a distant, painful memory. Fate can be cruel or fate can be kind... By the time

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Anna and Declan come face to face again, time has passed, grief has changed them both, and they've each found love in someone else's arms. Has too much time passed, or are the bonds of our first true love as strong as they feel when

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we're young, innocent, and still believe in the promise of forever? Let Me Heal Your Heart is a heartbreaking story of first loves and adversity that can be read as a standalone. This is an emotional roller coaster about two lost souls

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given a second chance to be together. -RT Book Reviews Let Me Heal Your Heart is a stand-alone hockey romance in Lily Foster's bestselling Let Me series. \*Intended for readers 18 and older due to mature themes, language

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and sexual content Topics:

Romantic suspense, romance series, love triangle, forbidden, top romance reads, bestselling series, HEA, second chance romance, hockey romance, college romance, sports romance, hockey, Lily



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Foster, new adult romance,  
emotional romance, top ebooks in  
romance, steamy romance, new  
adult romance, grief, teen suicide,  
tragedy, romance books, family  
saga, big families romance,  
siblings, alpha male, Boston,

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happily ever after, long romance series, angst, emotional read, angsty romance, contemporary romance, strong heroine Perfect for fans of Elle Kennedy, Catherine Gayle, Avon Gale, Toni Aleo, Kristen Callihan, LJ Shen, Corinne

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Michaels, Jana Aston, Karina Halle,  
Meghan March, Jay Crownover,  
Anna Todd, Geneva Lee, Audrey  
Carlan, Suzanne Brockmann,  
Helen Hoang, Christina Lauren,  
Kristan Higgins, Sally Thorne,  
Penelope Sky, Vi Keeland,

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Penelope Ward, Maisey Yates,  
Sarah Mayberry, Lauren Blakely,  
Susan Mallery, Penny Reid, Julia  
Kent, Kelly Jamieson, Melanie  
Harlow, Carrie Ann Ryan, Kendall  
Ryan, Kennedy Ryan, Helen Hardt,  
Julia Kent, Meli Raine, Sylvia Day,

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Chelle Bliss, Natasha Madison,  
Kylie Scott, Helena Hunting, Sloane  
Kennedy, Penelope Sky, K.A.  
Linde, Jami Davenport, Jaci Burton,  
E.L. James, Anna Todd, Chelle  
Bliss, Kennedy Fox, Harlequin  
romance, Abbi Glines, Jessica

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Sorensen, Waterhouse Press,  
Virgin River, Carly Phillips, Piper  
Rayne, Cora Seton, Sherryl Woods,  
Sawyer Bennett, Sarina Bowen  
Explains how to prevent and treat  
common illnesses with diet and  
nutrition, herbalism, homeopathy,

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Chinese medicine, massage, and exercise

Maybe you've encountered tips on how to stop in the past. While they probably helped, they never took you all the way. How to Heal Your BFRB teaches you why you weren't

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healing before and, more important, how to start healing now. Almost no time will be spent on what a body-focused repetitive behavior is, or who tends to have one. You know what a BFRB is, you have one or a few, and you just want to stop.



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While you may even have come to believe healing isn't possible, it's absolutely possible for you to overcome your BFRB. For seventeen years, author Lauren I. Ruiz Bloise compulsively skin-picked before developing these four

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steps, which she later learned correlate with proven body-focused repetitive behavior (BFRB) treatments. That said, this guide is simple, not medical or academic. Despite the complicated names for these disorders (excoriation,

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dermatillomania, trichotillomania, onychophagy, dermatophagia), How to Heal Your BFRB is a reader-friendly guide that walks you through concrete steps so you can feel in control rather than desperate, confident rather than

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ashamed—so your hair, skin, or nails can be nicer, clearer, and fuller. Join others who are already healing. Take the chance. After all, How to Heal Your BFRB is more affordable than (or about as affordable as) one high-quality skin

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or hair care product, only it's much more beneficial than even the best beauty product you can buy. This Ebook Is for You If... • You have dermatillomania (skin picking), trichotillomania (hair pulling), onychophagia (nail biting or

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chewing), dermatophagia (skin biting or chewing), or any other disorder in the long list of compulsive BFRBs. • You target blemishes (zits, pimples, blackheads, whiteheads, milia), ingrowns, and the like. • Or you

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target hairs (on head, lashes, brows, beard); nails, fingers, cheeks, feet, scalp, nose, eyes; or something else. • You've tried over and over to stop, to no avail. • You've covered mirrors, used gloves, downloaded apps, or

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marked a calendar, among many other things. • You're unsure why you do it. • Or you have an idea why you pick, pull, or chew, but you still haven't been able to heal to a meaningful extent. While How to Heal Your BFRB is intended to be



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followed by teens and adults who have a BFRB, if your family member (child, partner, parent) or friend has a BFRB, you are welcome to download and read How to Heal Your BFRB. The more you know about how people are

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overcoming these behaviors, the more you can help and support them. Even if you have made progress on your own, or encountered treatments for how to stop picking or pulling already, How to Heal Your BFRB may give you

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new insights and further healing and encouragement. How to Heal Your BFRB is not about anxiety, depression, obsessive compulsive disorder (OCD), attention deficit hyperactivity disorder (ADHD), body dysmorphic disorder (BDD),

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addiction to substances or alcohol, or any of the other mental health conditions related to body-focused repetitive behaviors, but it's understood that you may have one or more of these disorders too. To make recovery easier, you're highly

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encouraged to address any of these alongside reading the book, and thereafter. That said, all are welcome! \*\*\* “Wow, I know a book can only do so much, but yours exceeded my expectations. A lot! I came away with: • Confidence that I

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can be in control of my BFRB  
health (and other areas of my  
health) · More acceptance of myself  
· Tools and guidance to help me  
take better care of myself · The  
desire and motivation to experience  
the 3 items above It was about

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more than healing a BFRB. There were several points where I was moved by the caring messages you conveyed. You were talking to and caring about ME.”—Teresa G., Vermont

A new offering in the popular Daily

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Word series provides a collection of prayers, meditations, tales, and messages, drawn from the Christian tradition, designed to help maintain health, heal illness, and aid others in their search for health. Reprint.



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How to Heal Your BFRB

Blessing Your Life with Messages  
of Hope and Renewal

The 5-Step Plan to Prevent and  
Reverse Heart Disease

Johns Hopkins Patients' Guide to  
Kidney Cancer

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Living As If: Embrace Collapse,  
Heal Your Heart and Soul, and Find  
Sustainable Sanctuary  
The Body's Five Defence Systems  
and the Foods that Could Save  
Your Life  
Heal Your Leaky Gut

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The best food comes from the earth. This book will show you how to cook appetizing meals that will help you feel better, look younger, and live longer. The virtues of vegetarian, vegan, and raw foods are more popular than

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ever in both cookbooks and restaurant menus. Readers will learn to prevent chronic illness, lose weight, and improve their overall health with plant-based replacements for meat, eggs, dairy, and more. A quick-start

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guide includes delicious, easy,  
healthy recipes for both cooked  
and raw foods. OTHER BOOKS IN  
THIS SERIES: The Smart and  
Savvy Guide to Superfoods (2020)  
ISBN: 978-1-62999-696-7  
Rediscover Your Self-Confidence

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with a Different Type of Diet Plan  
A resource to help you overcome  
the struggle of emotional eating,  
realize your self-worth, and live  
the life you deserve. One in five  
women suffer from eating  
disorders. While this issue is

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primarily associated with teenage girls, doctors report that a growing number of women are also developing these disorders later in life or have hidden these problems for years. For women in their thirties, forties, fifties, and

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beyond, issues of loss from divorce, death, empty nest syndrome, marriage, and career pressures can trigger an eating disorder. Eating disorder self-help. You might find yourself juggling careers, marriages, and



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families, all while struggling with eating disorders for years.

Healing Your Hungry Heart is that friend you can lean on.

Psychotherapist Joanna Poppink offers a comprehensive and effective recovery program for

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women with eating disorders, based on her thirty-year professional practice treating adults with anorexia, bulimia, and binge eating. She shares her personal struggles with you about bulimia, along with stories from a

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wide range of clients she has counseled and a step-by-step program that identifies:

- Early warning signs
- Challenges to early recovery
- Triggers to emotional eating
- Impact on sex life and family relationships

Real

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solutions. This psychotherapist's program includes journaling, meditations, exercises, quizzes, and resources to support and speed the recovery process. For women struggling with emotional eating, this book offers hope,

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understanding, and real solutions. If you tried books like You Can Drop It, Intuitive Eating, or Atomic Habits, then you'll want to read Healing Your Hungry Heart.

**We must take applied epigenetics concepts from the**

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**ivory tower of the academics  
down to daily healthy practice!**

This third book in the trilogy of  
*Your Body Is A Self-Healing  
Machine* explains the basics of  
applied epigenetics and its

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practical use. It is in this book  
*Your Body is a Self-Healing  
Machine: Understanding How  
Epigenetics Heals You* where you  
will learn how you can reprogram  
epigenetics information to  
influence your gene expression.

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Your decisions, either big or small, on each factor, will positively or negatively update or downgrade your epigenome. What you feel, think, eat, breathe, drink, sleep, sun exposure, detox, fast and pray are all epigenetic



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information that tweaks your gene expression on or off.

**Dr. Siton's** intention is to make applied epigenetics become a medical movement. This movement must spread like

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wildfire throughout the world. Applied epigenetics is a new medical paradigm that will reach far and wide, beyond cultural and geographical boundaries. It will become a compelling tool in the practice of medicine. It will be

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mainstreamed medical intervention as anti-biotics and vitamins. The author sincerely hopes that she has given enough information to inspire you to become passionate and practice applied epigenetics.

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**Experience how simple it can be to apply your body's self-healing tools in your daily life after reading the trilogy of *Your Body Is A Self-Healing Machine!***

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**Eat your way to better health  
with this New York Times  
bestseller on food's ability to  
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cancer, dementia, and dozens  
of other avoidable diseases.  
Forget everything you think**

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**you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in Eat to**

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**Beat Disease. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence**

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**behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. Eat to Beat Disease isn't about what foods to avoid, but rather is a life-**



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**changing guide to the  
hundreds of healing foods to  
add to your meals that support  
the body's defense systems,  
including: Plums Cinnamon  
Jasmine tea Red wine and beer  
Black Beans San Marzano**

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**tomatoes Olive oil Pacific  
oysters Cheeses like Jarlsberg,  
Camembert and cheddar  
Sourdough bread The book's  
plan shows you how to  
integrate the foods you already  
love into any diet or health**

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**plan to activate your body's  
health defense systems-  
Angiogenesis, Regeneration,  
Microbiome, DNA Protection,  
and Immunity-to fight cancer,  
diabetes, cardiovascular,  
neurodegenerative**

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**autoimmune diseases, and  
other debilitating conditions.  
Both informative and practical,  
Eat to Beat Disease explains  
the science of healing and  
prevention, the strategies for  
using food to actively**

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**transform health, and points  
the science of wellbeing and  
disease prevention in an  
exhilarating new direction.**

Leslie Sansone's Eat Smart, Walk  
Strong

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Healing Your Thyroid Naturally  
The Smart and Savvy Guide to  
Plant-Based Eating  
Healing the Heart and Mind with  
Mindfulness  
Eat to Beat Disease  
A Cardiologist Translates the

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Science of Health and Healing  
into Practice

The New Me

What guides your everyday life? In many cultures, you might use prayer beads such as the rosary or the 108-bead mala as a guide in your spiritual or meditative

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practice. In this book, Dr. Mimi Guarneri blends modern science and ancient wisdom to offer her own guide of 108 pearls-steps you can take to awaken the healing potential of your body, mind, and spirit. Drawing from her experience as an internationally renowned



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cardiologist, scholar, author, and leading proponent of integrative medicine, Dr. Guarneri translates the science of health, healing, and longevity into practical answers to lead you to physical, emotional, mental, and spiritual health. With the guide of the 108 pearls in this

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book, you will understand why your genes do not determine your destiny; how to develop your own damage-proof diet that works for you; how to turn stress into strength; how to achieve holistic mental health; how to nourish your relationships; how to tap into the

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healing power of your thoughts; and how to strengthen your spirituality and heal your energy body. Most importantly, you will understand how to use what you've learned to help heal our planet. Once you realize that wellness is the result of an intimate dance between

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ourselves and our world, you'll move from just surviving to thriving!  
Renew My Heart, O God-Daily Devotions for Healing Your Heart is precisely that-a devotional dedicated to bring you hope, encouragement, healing, and the renewal of your heart, the

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wellspring of your soul. It was written to meet you in the midst of life's trouble and pain and bring you the message of the light and love of Jesus Christ. May the words resonate within your heart and soul and lift you to a better place, and may you become the person of wellness

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and wholeness that God intended you to be. It is my prayer that you will find God within these pages and that you will cultivate a new desire to pray consistently and to read God's Word. It is reading His Word and being in His presence that will transform your life and renew the

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wounded heart within you. It's time to exchange your sorrow and pain for His comfort and peace, your guilt and shame for His assurance and forgiveness, and your turmoil and despair for His hope and joy. Ezekiel 36:26a says, "I will give you a new heart and put a new spirit in

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you;"-it's time to come and enter in-  
God's waiting for you inside.

Psychodrama and other action methods  
are especially helpful in the treatment of  
the classic eating disorders as well as  
dieting struggles, body dissatisfaction  
and associated issues of fear, sadness,



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silence and shame. This book provides clinicians with sound theoretical information, practical treatment guidelines and a wealth of clinically-tested action structures and interventions. The authors describe how they have introduced action methods to

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work with a diverse range of clients, and suggest ways in which psychodrama practitioners, experiential therapists and others may integrate these methods into their practice. Offering fresh ideas for tailoring psychodramatic standards such as The Living Newspaper, Magic Shop

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and the Social Atom to eating disorder issues, they provide extensive examples of psychodrama interventions - classic and specially adapted for eating disorders - for both the experienced practitioner and those new to experiential therapies. They also explain how psychodrama can

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be used in combination with other expressive, holistic and complementary approaches, including family constellations, music, art, imagery, ritual, Five Element Acupuncture, yoga, Reiki and other energy work. This pioneering book is essential reading for practitioners

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and students of psychodrama, drama therapy, experiential psychotherapy, cognitive and expressive arts therapies and mental health professionals, as well as professionals interested in complementary health modalities.  
Summary of Eat Smarter Funny,

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intelligent, interactive, and informative; that's the best way to summarize Shawn Stevenson in his latest book. Stevenson compiles most of his thoughts gained through experience and a ton of study to present the reader with facts concerning eating smarter. The book is scientific

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enough to be read by an intelligent head and simple enough to be understood and enjoyed by an eighth-grader. The author begins the preface and introduction by taking us through his short history and what led him to this path. Growing up, urbanization and capitalism would

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dictate the way of life for most people, including the diet. The consequences of this counterfeit diet did not reflect immediately on him until his university years when he started developing complications. He was diagnosed with a degenerative bone disorder and



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degenerative disk disease at the age of 20. Every physician he visited sadly informed him that his only hope was to live on pain meds and survive with his 80-year-old-like bones until his body gave up. In other words, all hope seemed lost for him. But wait a minute! He

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realized the mistake he had made. All along, he had entrusted his life and health to the hands of doctors who did not necessarily know it all since they were not in his shoes. It was time to take back power and begin searching for answers himself. The tremendous

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response he got that has led him to this very moment is – we are what we eat. Food enables us to do everything, including the formation of cells, brain development, processing our thoughts, feelings, and emotions, and every other body process you can conceive. What's

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more, the food doesn't have to be bitter to be better as most people like to claim. Shawn presents us with a curious and intriguing thought: "Perhaps pleasure in food has been a missing ingredient for most diets resulting in a loss of crucial nutritional benefits. " Here is a Preview

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Healing Your Grieving Body  
Inspired Ideas, Wisdom and Comfort

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from Today's Leading Voices

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**appear very quickly! So it was in my case. You will not achieve fulfillment and happiness until YOU become the architect of your own reality. Imagine that with a few moments each day, you could begin the powerful**



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**expensive programs. Everything is extremely simple! Health, money, prosperity, abundance, safety, stability, sociability, charisma, sexual vitality, erotic attraction, will, optimism, perseverance, self-confidence, tenacity, courage,**

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**compassion. You have the ability  
to unlock your full inner-potential  
and achieve your ultimate goals.  
This is the age-old secret of the  
financial elite, world class  
scholars, and Olympic champions.  
For example, when you watch the**

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**win gold medals and become  
champions. That's merely one  
example of how the real power of  
mind can elevate you above any of  
life's challenges. By reading this  
book, you will feel totally that life  
deserves to be lived and enjoyed**

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**every moment and that everything  
that you propose for yourself  
becomes easy for you to fulfill.  
Nicholas will guide you to touch  
your longed-for dream and will  
make you see life from a new  
perspective, full of freshness and**



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**selling book called The Heart of  
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Library, 1989). It was an  
influential book, reviewed in  
Publisher's Weekly, Library  
Journal and many other places,  
excerpted in the LA Times and**

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**the future of health care is headed, or get a spectrum of brilliant and current perspectives and practices to support your personal health, this book is essential reading.**

**Have you ever experienced the**

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**seemingly inexplicable? A sense of being stared at? Thinking of something just as someone else says it? For these brief moments you are sensing the vibrations and thought patterns of others. In this highly readable personal story,**

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**Margaret takes us on her own journey as she highlights the roles of food and thought as sources of healing in our lives. Margaret draws on her own family's experiences, sharing very personal stories of health and ill-health and**

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**their surrounding circumstances while growing food ‘to feed the world’. She explains, in a fascinating account, how and why our food has lost its nutrition and shows us how this can be reversed. Margaret also draws on ancient**

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**practices of vibrational medicine,  
and explains how these practices  
can be easily embraced in our  
modern world, helping us return  
to our intuition and use focused  
thought to help aid our levels of  
wellness. Wow, what a book! This**

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**is one of the most fascinating sprints through cutting edge wellness thinking I've read in a long time. And I do a lot of reading.” - Joel Salatin, farmer, author, integrity food advocate Margaret Bridgeford has woven**

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**incisive research to create a vivid image of the landscapes of soil, body and soul, revealing the vibrational connection between them all. Margaret Bridgeford convincingly ignites a call to action.” - Kathryn Brimblecombe-**

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**Fox, Visual Artist**

**Is your diet feeding or defeating disease? We are at a turning point in our understanding of how to prevent and fight disease. Rates of cancer, heart disease, strokes, diabetes, obesity and other**



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**common health problems are skyrocketing. However, the latest scientific research and clinical evidence is revealing that the power to protect ourselves against these threats and resist them lies in a simple solution: the foods we**

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**eat everyday. In Eat to Beat  
Disease, Dr William Li explains  
that your body was designed to  
fight threats like these and we  
have radically underestimated  
how food can be used to amplify  
this hidden power. Your body has**

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**five natural defence systems that, if functioning well, can protect you: angiogenesis (growing new blood vessels), cell regeneration, the microbiome, DNA protection and immunity. The healthy working of each has been found to**

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**be intimately connected to the foods we eat – and the findings are sometimes surprising.**

**Discover: · Why scientists think drinking hot cocoa boosts stem cells crucial for your body's regeneration · The role of cheese**

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**and wine in maintaining healthy  
gut bacteria · Why drinking coffee  
lowers your risk of dying  
Revealing more than 200 foods  
that you can incorporate into your  
life today to help you live longer,  
Dr William Li proposes a simple 5**

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**x 5 x 5 framework, inviting you to choose five foods and eat them five times a day, to fortify your five defence systems. It is not about dieting or cutting out – it is about having the confidence to incorporate the healthy foods you**

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**already love into a plan for life-long change. It could save your life.**

**The Hidden Cause of Many  
Chronic Diseases**

**Lose Weight. Heal Your Gut.**

**Boost Your Brainpower.**

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**by Shawn Stevenson - Use the  
Power of Food to Reboot Your  
Metabolism, Upgrade your Brain,  
and Transform Your Life - A  
Comprehensive Summary  
Healing Your Hungry Heart  
Eat...Think...Heal**

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**4 Steps to Stopping Compulsive  
Skin Picking, Hair Pulling, and  
More (aka the BFRB Guide)**

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Get Smart with KETO SMART!

Heal your brain and heal your body  
with this easy KETO SMART

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program. KETO SMART is packed with secrets to improve your memory and thinking with simple instructions that you can easily follow. Learn how to radically improve the health of your brain, so that you can enjoy life to the max at any age. Your heart,

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arteries, and everything else will improve as well. The KETO SMART 10-step protocol is MUCH more than just following a ketogenic diet. The KETO SMART 10-step protocol is a comprehensive program of self-healing. Follow the KETO SMART

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ten easy action steps, and soon your thinking mind will become as penetrating as the depths of a pristine alpine lake on a quiet sunny morning. The goal of this book is to guide you through the maze of interconnected problems. Every step helps, but you only get

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the gold ring of health by following the complete treatment plan. It isn't hard if you know what to do. It is impossible if you don't. Rejuvenate your body and spirit with this cookbook and food guide that combines nutritional information with the wisdom of the

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chakras. Nutritionist and yoga practitioner Deanna Minich's Chakra Foods for Optimum Health will teach you how to recover from emotional and physical woes by choosing the right food and preparing them with delicious, healing recipes. Her unique

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approach looks at both the nutritional and spiritual aspects of different foods, revealing how they relate to the chakras of the body. For each of the chakras, specific affirmations and other practices are offered alongside meal plans. In this book, you will find: .

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Specific foods and practices that can help with each chakra · Lists, charts, and diagrams to help you easily pinpoint what you need · Clearly, practical information that you can implement in your life today

Acknowledging the unique set of



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symptoms that accompanies a period of mourning, this guide is the ideal companion to weathering the storm of physical distress. From muscle aches and pains to problems with eating and sleeping, this handbook addresses how the body responds to the impact of

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profound loss. Low energy, headaches, and other conditions are also taken into account. With 100 ways to help soothe the body and calm the mind, this compassionate study is an excellent resource in understanding the connection

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between the two.

Healing the Heart and Mind with Mindfulness is a practical book that provides strategies using mindfulness to manage stress, anxiety and depression, as well as ways to cultivate psychological wellbeing. Uniquely, it combines a

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traditional Buddhist approach to mindfulness with contemporary psychology and current perspectives. Drawing on the author ' s many years of clinical experience as a psychologist as well as his personal experience in Buddhist meditation practices, it

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outlines how the Buddha ' s four applications of mindfulness can provide a pathway to psychological wellbeing, and how this can be used personally or with clinical populations. This accessible, user friendly book provides strategies for healing the heart and mind.

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Malcolm Huxter introduces mindfulness as it is presented in Buddhist psychology and guides the reader through meditations in a systematic way. The practices are clearly explained and supported by relevant real life stories. Being aware that mindfulness and

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meditation are simple but not easy, Huxter guides the reader from the basics of mindfulness and meditation through to the more refined aspects. He provides a variety of different exercises and guided meditations so that individuals are able to access what

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suits them. The guided meditations can be streamed or accessed as free audio downloads. Healing the Heart and Mind with Mindfulness is aimed at anyone who wishes to use mindfulness practices for psychological freedom. This book provides insight and clarity into



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the clinical and general applications of Buddhist mindfulness and will be of interest to mental health practitioners, students of mindfulness, professional mindfulness coaches and trainers, researchers and academics wishing to understand

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Buddhist mindfulness and the  
general public.

The Secrets to Effortless Weight  
Loss

Healing the Heart

The Heart Health Bible

Encyclopedia of Sports & Fitness  
Nutrition

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The Complete Guide to Natural  
Healing  
Heal Your Broken Heart  
Your Body is a Self-Healing  
Machine