



Redesign Your Life: A Blueprint for Health

Kathleen J. Stricker

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We all want to feed our bodies with good nutrition and take effective nutritional supplements. Maybe you are already eating a special diet or taking supplements, but you just do not feel any healthier and question whether you are receiving any benefits from them. This book will clear up the mysteries of natural remedies and alternative health techniques and allow you to start improving your life today through simple but effective holistic lifestyle and nutritional changes. There are many common conditions that can be helped or even cured through the implementation of proper nutritional and/or lifestyle changes: fatigue, allergies, headaches, menopausal symptoms, joint pains, obesity, hair loss, and skin conditions, just to name a few. Imagine not needing to take those risky and expensive pharmaceuticals anymore. If you suffer from a condition that can be addressed naturally, then there is clearly no better solution. So why not find out now? This book is packed with information and will explain the problems with your diet, your environment, and your daily routine that may be contributing to your health conditions, and it will suggest proven alternatives that will put you in charge and allow you to redesign your life.

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