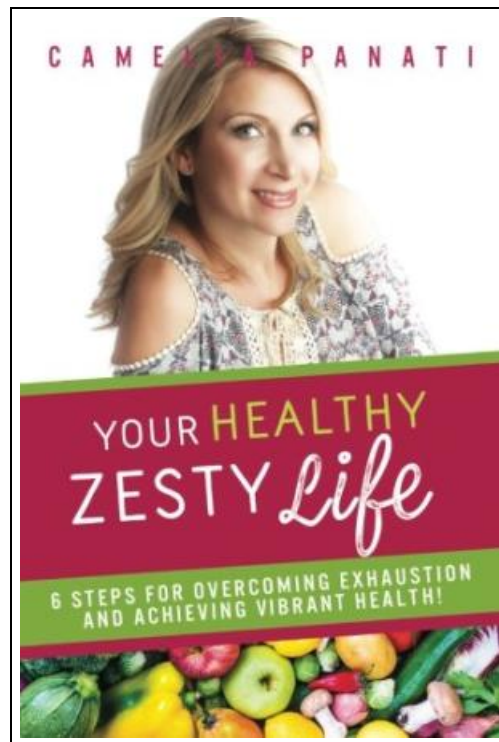


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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A GUIDE FOR HEALTHY EATING, INNER SERENITY AND BALANCED LIVING! Are you tired of feeling tired? Do you struggle with foggy thinking and lack of focus? Is your digestion in disarray? Do you crave feeling healthy and vibrant again? Your Healthy Zesty Life is set to be a revelation for those living with tiredness, foggy thinking, poor digestion and a general lack of vitality, often a result of hectic lifestyles and poor diet. Through a 6-step process, the book will help you identify the why and what behind your lack of energy and reveal the how behind regaining your energy and zest for life. It will help you uncover and eliminate those internal obstacles that have been holding you back from feeling and looking your best! Its unique advantage is that it is based on the author's actual life experience, who has overcome cancer and managed to thrive and feel better than ever before by implementing the lessons taught in this book. Each chapter is packed with helpful and easy to implement actionable tips to reinforce Camelia's simple, yet effective steps for overcoming exhaustion and achieving vibrant health. Every step of the way you will feel supported and cheered on in a loving and uplifting way, thanks to Camelia's engaging, witty and passionate approach. Referring to the gut as the body's engine, Camelia unlocks insightful ways to give the gut a little more love and your whole self more care in order to reap a plethora of benefits. Through gut-healing practices, healthy eating, inner reflection and balanced living she'll help you reveal your healthy-zesty self and get back your life! Your Healthy-Zesty Life!.



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