



## Discovered Secrets: A Self-Metamorphosis: Inspiration For Self-Healing (Paperback)

By Dr. Barbara Ann Ellicott

AUTHORHOUSE, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. DISCOVERED SECRETS-A SELF-METAMORPHOSIS MOTIVATION INSPIRATION FOR SELF HEALING If you opened this book, you were probably curious as to how you might be able to improve your Physical health. You might feel extremely skeptical, as I had once been, as to whether a change in diet exercise and spirituality could actually improve your health. After all, we continuously hear conflicting contradictory reports as to what is or isn't good for us. And we often think that we are doomed by genetics. Also, sometimes we are lured into taking drugs, having a multitude of tests because we are scared to death and, or at least more than a little anxious! Well, I've been there! And like so many of us, I am genetically predisposed to arteriosclerosis, heart disease, cancer, obesity, diabetes, etc. I fervently hope that after you learn of my experiences that you take heart and realize that, at any age, it is not too late to modify your diet and life style and achieve remarkable results. You simply have to REALLY want to and discipline yourself as well as...



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