

[Get free] File size: 68.Mb

# Perfect Health: The Natural Way



*Par Mary-ann Shearer*  
*\*Download PDF | ePub | DOC | audiobook | ebooks*

Dtails sur le produit Rang parmi les ventes : #429285 dans eBooksPubli le: 2007-04-01Sorti le: 2007-04-01Format: Ebook Kindle

[Get free] Perfect Health: The Natural Way

**Par Mary-ann Shearer : Perfect Health: The Natural Way** before purchasing it in order to gage whether or not it would be worth my time, and all praised Perfect Health: The Natural Way:

Download

Read Online

## Description :

Prsentation de l'diteurSo many diet programs emphasize a gimmickcounting calories, cutting back on carbsin order to lose weight. Although these measures may result in weight loss, the weight often comes back and your health may be compromised in the process. In order to lose weight safely and easily, you must change the way you view diet and weight loss: Losing weight is not just about getting thinnerits about gaining health. Perfect Health: The Natural Way is about feeding your body what it was designed to eat. This program is not about calorie-counting or deprivation, but about eating an abundance of good, healthy food and understanding what your body needs. By concentrating on getting healthy instead of dieting, you will not just lose weight but radiate health and vitality. Combining scientific findings and common sense, Mary-Ann Shearer clears up the confusion surrounding various diets and explains what we need to eat in order to

gain total health: What is the perfect food that our bodies are designed to eat? Do we really need animal protein in order to be healthy? What is the truth about healthy fats? How does fasting help the body heal?

This book explains not just what we should eat and why, but also offers valuable suggestions on how to integrate this new way of eating into your lifestyle. Included is a section featuring delicious, easy-to-prepare, healthy recipes that will help you begin your journey to **PERFECT HEALTH!**