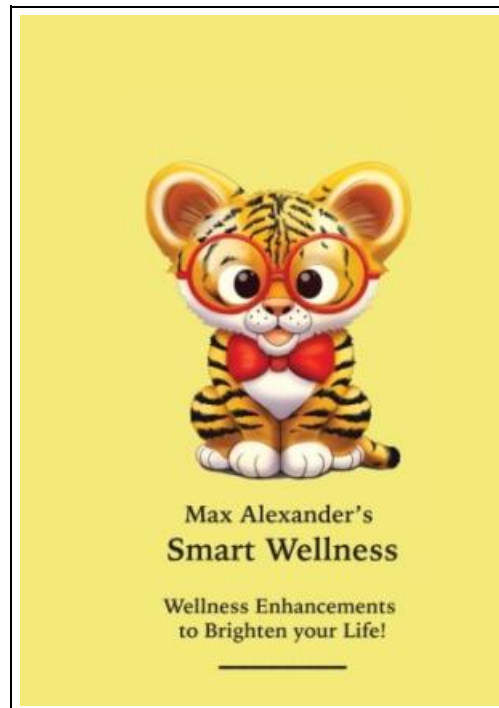


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Smart Wellness, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Smartwellness on YouTube I was an obese stressed-out and depressed 10-year-old, and I have been a processed food addicted all of my life. The government never did anything to protect me, but instead let corporations pedal their fabricated artificial food to me via cool mascots and cartoons. I was so stressed as 10-year-old that I threw up everyday and saw a psychiatrist for 2 years. During highschool I went from being obese to fat, because I started to play soccer. When I was between 22-25 I was determined to look fit, and I tried to become well the hard way doing 20-hours plus of exercise per week. Gym x 4 week Cycle 20 min x 8 week Jog 10-K x 1 week Took amphetamines and danced at afterhours club (6 hours) x 1 week Soccer games x 2 week Tried Dieting I also began to do lots of drugs because they made me feel happy and confident. But the drugs lead me to having extreme anxiety and paranoia. Getting well the hard way h led me to being frustrated, angry, depressed and anxious. I have done a lot of research. In my book, I only mention things that are verified through studies or my experience. Smartwellness is about enhancing your wellness through fun and simple tips. For example, wellness enhancements include, Chewing gum for 15-mins x 3 per day leads to 50 less calories consumed. // Phosphorus supplementation is proven to increase metabolism and induce weight-loss. // Fish Oil supplementation is proven to heal fat and reduce fat, increased consumption of EPA and DHA leads to adipose tissue homeostasis through adipose tissue loss and increased mitochondrial biogenesis // Smartwellness is also about your...



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