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## How to Take Control of Your Own Life: A Self-Help Guide to Becoming Healthier Over the Next 30 Days (Paperback)

By Cathy Harris

Createspace Independent Publishing Platform, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Have you been feeling sick, sluggish or run-down? Do you consider yourself to be healthy? What does being healthy really means? Being healthy is simply having the energy and vitality to move forward and enjoy your life. After conducting extensive research on how to become healthier, I learned that it s a good chance that all the following have contributed to your organs becoming clogged, turning hard and slowing you down -- eating the Standard American Diet (SAD) over the years; Swallowing undigested foods over the years; Eating junk foods over the years; and taking pharmaceuticals (either prescribed or over-the-counter) over the years - just to name a few. Even though you are not experiencing any pain from your liver, kidneys or other organs, it doesn t mean that they are operating at 100 . The problem is if you don t do something to reverse the damage that has occurred to your organs over the years, they will eventually give out. If one organ gives out, they all will give out because they work as a team -- and you...



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