



The Natural Health Bible: Stay Well, Live Longer

By Simester, Lisha

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Reviews

Undoubtedly, this is actually the greatest job by any author. This can be for those who statter there was not a worthy of studying. I am delighted to inform you that this is actually the greatest publication i actually have read within my very own daily life and could be he greatest book for ever.

-- Perry Reinger

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

-- Ms. Christy Ondricka DDS

288 pages : 26 cm. Includes index. The natural body. The healthy body -- Healthy eating -- Supplements, herbs and tonics -- Natural exercise -- The natural mind. Understanding your brain -- Healthy mind, healthy body -- The magic of message -- Natural pleasures -- Crisis management -- Natural therapies. Usefull addresses -- Bibliography. She has lectured about natural medicine and herbs at Russell Sage College in Troy, New York and offers workshops on natural health. Born in Long Island, Lisha graduated from Emerson College in Boston and did post-graduate studies at Long Island University prior to moving to London for 30 years, where she learned from renowned natural health experts. She has returned to the U.S. and lives in upstate New York. Product details. Paperback : 288 pages.Â Some good advice, but don't take this to be the "bible" on nutrition. Clearly intended as more of a reference book for quick checks on different topics, the book ends up feeling like the "fad" of the page. This page yoga, this page the circadian diet, etc. 28 Ways Live Longer, Stronger And Feel Better â€“ Will You Live To 100 And Feel Good At That Age? 1. Play Some Brain Games.Â This tip on how to live longer might make you surprise, but, studies show that the chilled fruit include fewer health boosting nutrients than fresh fruit or fruit kept at room temperature. For instance, peppers and tomatoes stored in a bowl will contain double times of beta-carotene and about 20 times of lycopene than in the fridge. The higher consumption of these antioxidants is linked to better heart health and lower rate of certain cancers. 12. Sing In The Shower.Â When you stay motivated, you will release energy and regain more energy to stay healthy and prevent many diseases as well as conditions. So, what are good activities and workouts to stay motivated? Contains the contemporary approaches to healthy eating, regular exercise and relaxation for achieving optimum physical health. This book explores the vital connections between physical and mental and emotional well-being. It also includes scientific proof of the relationship between mind and body. Product Identifiers.Â In 1994 she started the first PR company focusing on personal development, natural medicine and innovative mainstream health. She was series consultant for Time Life's Well-Being series and author of its first title Keeping Well. She has recently launched an internet health column on Channelhealth.tv. Country of Publication.