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Healed! Your Body, God's Plan: An 8-Week Prescription for Wellness in Your Community (Paperback)

By Christine Robertson Rn-Bc

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you feel tired and weighed down? Bloating and sluggish with frequent colds? Have you experienced brain fog, joint pain or depression? Despite advances in medicine, we are sick, we are tired, and we hurt. This is not normal aging, and it is not God's plan. Travel alone or better yet, with a group of friends for this 8-week journey to wellness. Healing and living well do not have to be complicated. In fact, many of the leading causes of disease are called lifestyle diseases because they can be prevented, even reversed, by simple, consistent and practical lifestyle changes. Disease is often the consequence of daily choices accumulated over years. Imagine a future of freedom and independence; freedom from painful, restrictive illness, costly care and medications. Imagine empowerment and lasting freedom that allows you to give of your time and your talents the way you desire, the way God planned! HEALED! Your Body, God's Plan is your group roadmap to the healthy, productive future God intended for you and your community.



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