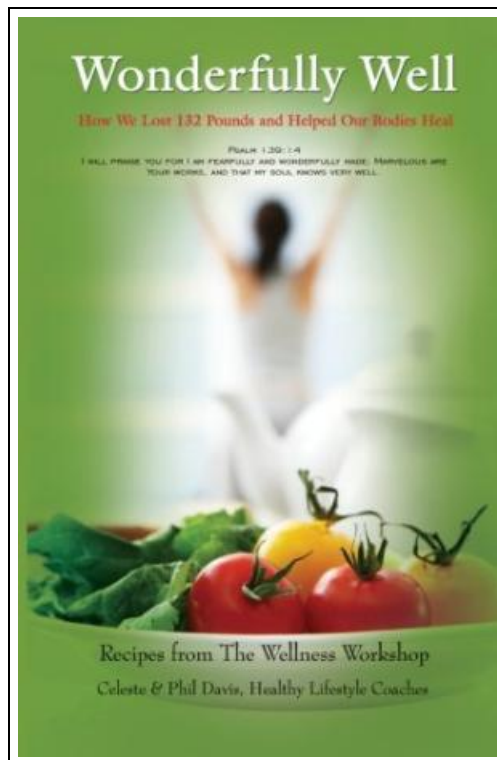


Wonderfully Well: How We Lost 132 Pounds and Helped Our Bodies Heal (Paperback)



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Reviews

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(Prof. Owen Sporer)

WONDERFULLY WELL: HOW WE LOST 132 POUNDS AND HELPED OUR BODIES HEAL (PAPERBACK)



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Wonderfully Well Publications, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Wonderfully Well is a motivational story, primer on healthy eating and living and a recipe book all in one. You will enjoy Phil Celeste's motivational story of 132 pound combined weight loss, reversing type 2 diabetes and their journey to a healthy and fulfilling life. Included in the book are why you should eat this and not that guides, how to set up your kitchen, a healthy life plan, and a 28-day mostly raw food detox plan. Fresh vegetable and fruit juices are the cornerstone of the Wonderfully Well detox and healthy lifestyle. Through the detox many people find specific food intolerances at the root of chronic health problems and experience a new level of wellness. The 150 pages of delicious, simple and healthy juices, smoothies, salads, veggies, vegan dishes and desserts were class favorites from their whole food cooking classes in Franklin, Tennessee at a national chain health food market. You will find menus for every day, a 28-day cleanse and parties of all kinds. Even suggestions for healthier foods for family and friends who fear change. Over a thousand people have read and applied these principles and experienced lasting changes in their lives and health. Reports from people who read and followed the Wonderfully Well plan: You and your husband have done an amazing job of putting all of this wellness information together into such a useful format. As I've read through the chapters I've had so many aha moments where your great explanations have created such clarity. Thank you for writing down all the why's and helping me make sense of all this valuable health information. After the first week I felt wonderful,...



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