



The Perfect Health Code: Eat Good. Look Great. Feel Amazing. (Paperback)

By Hardeep Singh, M Raheem

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Life is filled with choices, our choices affect us and others in dramatic ways whether we see it immediately or not. We have got so busy chasing the new shiny object and getting validation from others. I mean it seems foolish to keeping your focus on shiny tiles but not looking at bugs underneath. Anybody who gets his mind diverted from what is important and valuable is doomed to suffer health problems. Me and my friends used pig out together on the weekends and have two-day food orgies. We had to stop as my one of my close buddies suffered a heart attack and was hospitalized. This was wake up call for me and one of the many reasons why I decided to write this book, to create more awareness about the risk of fast food and benefits of a healthy lifestyle. The Perfect Health Code is designed to help you achieve your health goal.



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