

Relaunch Your Life Force; Reclaim Your Energy & Achieve Vitality For Life: Discover How to Create a Holistic Health Approach Using Whole Foods for Weight ... Healthy Eating and a Healthy Lifestyle)

Ivette Desai

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As we get older so many of us struggle with low energy, fatigue, weight gain, poor sleep, aches& pains and mood swings. Too many times we are being told that it is part of the aging process. Meanwhile we may use artificial stimulants, relaxants, and even unnecessary medications to get through the day. Using a seed growing into a blooming flower, Relaunch Your Life Force disputes this theory and challenges us to take charge of our health. By implementing the holistic lifestyle tools and nutritional changes proposed you will begin to create your own personal blueprint to be able to reclaim your energy and achieve vitality for life.

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