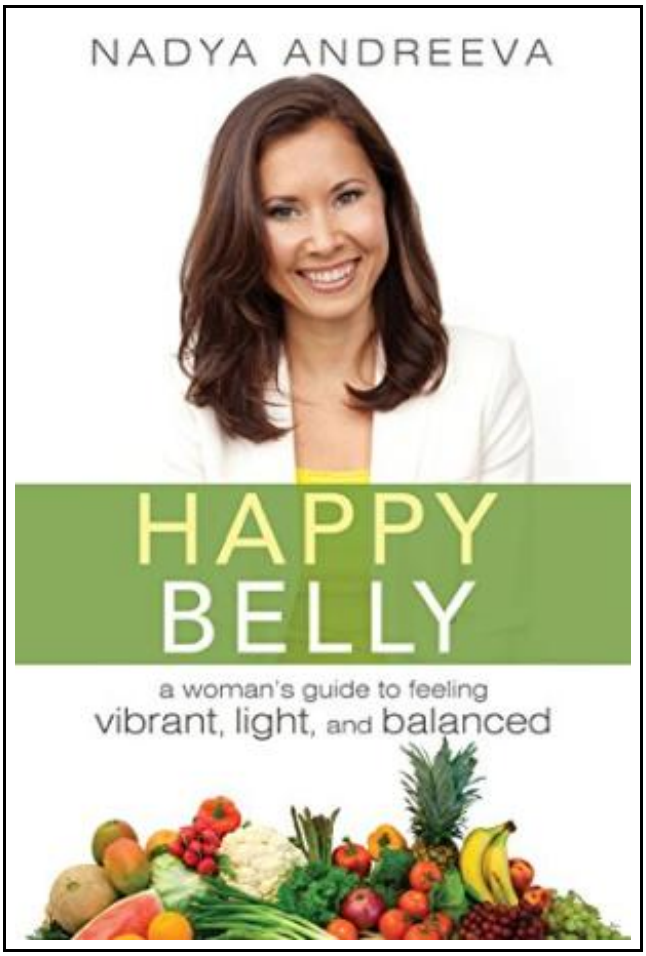
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Reviews

Complete guide! Its such a good go through. It is rally fascinating throgh reading period of time. Its been written in an extremely basic way and is particularly only after i finished reading through this publication through which really changed me, change the way i really believe.

(Mrs. Macy Stehr)

HAPPY BELLY: A WOMAN S GUIDE TO FEELING VIBRANT, LIGHT, AND BALANCED (PAPERBACK)

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ADVANTAGE MEDIA GROUP, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. DIGESTION IS THE CORNERSTONE OF HEALTH. The state of your digestion determines the health of each cell in your body, including blood cells, muscle and nerve cells, neurons produced and hormones created. Without an efficient digestion we can t hope for a strong immune system, a flat stomach, efficient elimination of toxins, a positive emotional health and vibrant energy. HAPPY BELLY is about achieving optimal digestive health that creates a clear mind and a healthy weight without calorie counting, diet foods, or other restrictions. HAPPY BELLY is jam-packed with practical living and eating tips, journaling exercises, and ancient knowledge of Ayurveda that will help you create a personalized approach to food based on combining outer and inner wisdom. A knowledge packed action guide for anyone who is tired of bloating, irregularity, and feeling overwhelmed or scared of food. Nadya Andreeva is a certified wellness coach who is professionally trained in mindful eating. She has worked with hundreds of women on improving their health through better digestion. Let Nadya guide you through the process of analyzing the habits behind poor digestion. She offers step-by-step guidelines to create new habits around food, eating, and relating to one s body. The goal of the book is simple: to serve as a resource that you ll use again and again, whether you need inspiration, information or a belly-soothing tea recipe. It is a manual on how to create a better relationship with your body and your digestion through building awareness, understanding, and an open dialogue. Using her own experience and knowledge gained from working with hundreds of women in her private wellness coaching practice, Nadya Andreeva encourages readers to find their own balanced approach...

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