

## Holistichem Wellbeing Method (Paperback)

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## Reviews

Undoubtedly, this is the best work by any author. It is really simplified but shocks within the 50 % in the publication. Its been written in an extremely straightforward way and is particularly just following i finished reading this publication by which basically altered me, modify the way in my opinion. (Vivianne Dietrich)

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## HOLISTICHEM WELLBEING METHOD (PAPERBACK)



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Lulu.com, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Holistichem Wellbeing Method can help you achieve optimum health in both body and mind, providing lots of advice on how to reach your health and wellbeing goals. Containing a wealth of information on diet, lifestyle, relaxation and positive thinking, this book also includes 50 wholefood, clean eating recipes. Each recipe is free from unrefined sugar, as well as featuring gluten/grain-free and vegetarian/vegan options. Simple and easy to make, there s lots of healthy drinks, breakfast ideas, soups, main meals, desserts, cakes and snacks to choose from. Whether you wish to invigorate your health, boost your energy, naturally lose weight, reduce stress or improve your mindset, there is something for everyone in this book. Sharon Pitman and Lorraine Pitman are complementary therapists, specialising in holistic nutrition and wellbeing therapies. Having turned their skills and experience to writing, Holistichem Wellbeing Method guides you on your way to ultimate health and wellbeing.

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