



To Your Health and Wellness! Achieving Healthy Lifestyle and Nutrition, Your Way

Millicent Gray

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To Your Health And Wellness! is a practical, common-sense guide to raising personal awareness about choosing simple, healthy lifestyle habits in order to nurture whole body well-being.

Confused by all those diet and nutrition books out there? Want to live in balance simply--body, mind and spirit? Desire a role in owning your energy?

To Your Health and Wellness will help you to:

- avoid *junk foods* and *eat healthy*
- enter the zone of *vibrant living*
- prepare *simple nutritious meals* for your family
- choose *health care providers* that fit you
- take responsibility for your health and create your *own health journey*
- *read labels*
- learn *simple, fast* recipes

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