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Living Balanced: Healthy Mind & Body Reference Guide

Stacey A Kimbrell

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Why is America counted as one of the sickest nations in the world? Why are Americans in a continual struggle with their weight? Who stands to gain from these issues? "Living Balanced" reveals the source of most ailments that run rapid in the United States today and can help you to avoid them. Author Stacey Kimbrell exposes the terror in our grocery stores. The Standard American Diet of prepackaged foods containing chemical toxins can have long-term effects on your health. These products, with their manmade ingredients, have now crossed borders and citizens of other nations have begun to experience heath issues similar to Americans. What you don't know will hurt you. This reference guide is designed to assist you through your daily life as you make positive changes to improve your health and well-being. You will learn what toxic chemicals are in your foods, cleaners, and skin-care products and how to replace those products with non-toxic substitutes. Readers are giving step-by-step instruction for making homemade safe and inexpensive nontoxic cleaning products. "Living Balanced" will also explain ways to clear existing toxins and Candida from your body, provide ways to balance your pH levels, and assist you in working towards a healthier body and lifestyle. Better health starts with making wise decisions that lead to a balance life.

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