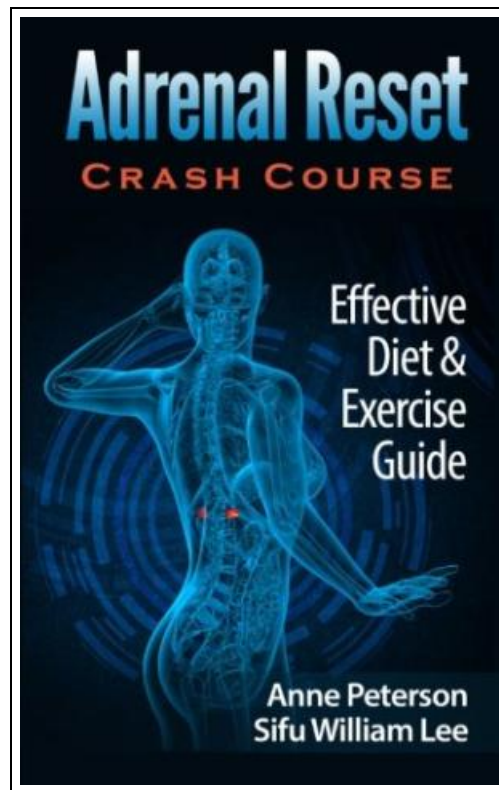


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Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This Unique Approach to ADRENAL RESET DIET is SIMPLE and EFFECTIVE Solution to ADRENAL Fatigue Poor Results in Fat Loss and Weight Management. Combined with Ancient Chinese Qigong (Free Video Included), it WILL Offer You Immediate Results HELP you from Inside Out! Sifu Lee s bestselling Amazon titles are helping and healing thousands of people - this book will do the same. Anne Peterson has the biggest qualification - started as mother of two children with developed gluten intolerance, she grew in to passionate protagonist of healthy diet and lifestyle. This guide is NOT for those searching for theories or medical statistics. It is loaded with practical and effective solutions, information and tips. Also, this is a COMBINED EFFORT: Having two children with gluten intolerance had forced Anne Peterson and her family to many tribulations, experimenting and searching for best ways to live on a gluten free diet. That developed Anne to a level of expert in the field of nutrition, healthy diet and lifestyle. As a passionate protagonist of effective solutions, she had great advantage compared to someone without that deep knowledge and yet, new horizon s opened once she came in contact with Sifu William Lee. HEALING from INSIDE OUT: Practices of Traditional Chinese Medicine (TCM) are by most people considered complicated for learning and applying. But, if you look any of the books written by Sifu Lee you will see different truth. Most of people who suffer from Adrenal fatigue do not even dream about possibility of being helped with anything but changes in diet. In this book, Sifu explains the basic facts and helps you to learn Qigong meridian stretching routine trough a simple Video presentation. Regardless of who...



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