

The Balancing ACT: How to Live a Wholesome Life (Paperback)



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Reviews

This book is really gripping and interesting. Of course, it is actually perform, still an interesting and amazing literature. You will not truly feel monotony at whenever you want of your time (that's what catalogues are for concerning when you request me).
(Claud Schaden)

THE BALANCING ACT: HOW TO LIVE A WHOLESOME LIFE (PAPERBACK)

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Food for Health, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Balancing Act: How to Live a Wholesome Life book was made for the busy household! Whether you re struggling with how to eat to optimize your health or you re fighting a myriad of health problems, my new book The Balancing Act: How to Live a Wholesome Life has simple solutions to help you achieve your goal of good health! You ll receive critical nutritional insights for health, including: the secret to never gaining weight, tips for eating the right amount of dietary fats, why an acidic body is a disaster for your health, how eating a grain-based diet has been hurting you, and more! Does your life seem to be consumed by work? Do you get home from work and literally want to rip your hair out? The house is a mess, kids are asking a million questions and craving some attention; dinner needs to be done and you don t know what to cook. Take away isn t an option because that costs more money-sound familiar? You are not alone! The Balancing Act is your solution-it s an easy guide formatted in daily steps to implement and slowly integrate into your everyday life. The result: a calm and sane household. This book includes clear answers on nutrition and food choices, how to improve your financial situation through smart shopping techniques and budget building. It also includes sustainability practices, such as how to go grow your own garden and how to sprout and ferment your own produce. Your house will always be clean with easy cleaning routines that require less time-it even includes natural cleaning recipes! PLUS enjoy tips for nurturing healthy relationships-you will...



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