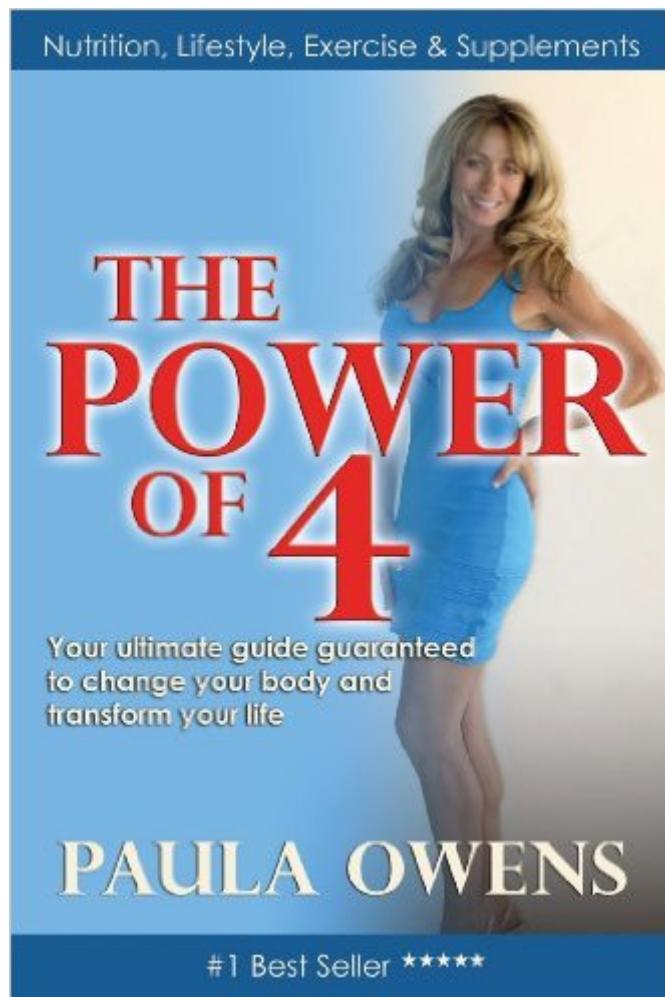


The book was found

The Power Of 4: Your Ultimate Guide Guaranteed To Change Your Body And Transform Your Life



Synopsis

THE POWER OF 4 is a must read to experience your highest level of health, and look and feel your best ever. The four powers include nutrition, lifestyle, exercise and supplements. One of the authorâ™s secrets for permanent fat loss, reversing and preventing disease and achieving life-long health is to implement two healthy changes each week. Every week the reader adds two more healthy habits. These small changes create long-term transformation to become the healthiest version of yourself. Discover health, vitality, longevity and fat loss secrets in The Power of 4:
Natural hormone balancing* Winning the war on adrenal fatigue* Tips to manage stress* How to change your thought process* Overcoming insomnia* Identifying and healing digestive issues* The top supplements for optimal health* Affirmations to achieve a life youâ™ll love * The importance of the breath and healing therapies* The best exercises for fat loss, hormone balance and a healthy body* Ingredients to avoid for health, vitality, longevity and fat loss* Natural modalities for aging well and eliminating common health complaints

REVIEWSâœPerhaps the most remarkable thing about Paulaâ™s book is that it took so long for someone to transpire all of this information to share with the public,â• said Harry O. Eidenier Jr., Ph.D. âœI sincerely believe this book should be used as a text in any institution of higher learning where the student is pursuing a degree in nutrition, exercise physiology or dietetics.â• âœIf you want practical, scientific and up-to-date information that will transform your health and your life, then add this incredible book by Paula Owens to your personal library.â• ~Mark Houston, MD MS FACP FAHA Author âœWhat Your Doctor May Not Tell You About Hypertensionâ• âœThe Power of 4 provides truthful solutions for well-being, fat loss and total health.â• ~Eric Serrano, M.D. Serrano Family Practice âœThe Power of 4 is a very informative book on how to navigate the challenges that are associated with todayâ™s lifestyles. Paula provides insight, experience, and opportunities to create better health. Her research and experience gives unique insight that motivates one to recapture their optimal wellness. I recommend The Power of 4 to my new patients in an effort to empower them to feel better as quickly as possible.â• ~Dr. Steve Osterhout, D.C. Specialized Family Chiropractic, Kalamazoo, MI

Book Information

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Customer Reviews

I bought this book a few years ago and found it extremely informative and helpful. It was the first time that I had heard about soy was not good for me. While applying many of the "Winning Formulas" I was still struggling with my health. I recently had a physical for a new job and found that my blood pressure was a "little high", but I passed the physical. Then, a few months later, I needed another physical to get a certification for this job and tested my blood pressure at home, prior to going for the physical. It was REALLY high for me. For days I tried everything that I could think of and researched like crazy and couldn't change it. I was very discouraged about it and finally made an appointment with a doctor and was prepared to give up and go on blood pressure meds. My grandmother and mother both suffered from it and now I was. I love to watch The Biggest Loser and am amazed and inspired at how the contestants can go off of many of their meds and reverse serious health issues with diet and exercise, so I know it is possible. I wasn't at peace with going the medical route at all, because I really believe I CAN change it, but felt that I had no choice. I awoke early one morning feeling very troubled and emailed Paula. I had decided it was time to get help. She responded immediately and said that she could help me and that she guaranteed that she could. I (honestly) filled out the questionnaire she sent and had the blood labs done. When the results came I was surprised to find that I was deficient in most everything that I had been taking. I also ordered "My Ultimate Personal Plan" from Paula. I can't tell you how much PEACE there is when you KNOW exactly what your body is lacking and Paula came up with a supplement plan just for me.

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The Power of 4: Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life Journey Into Power: How to Sculpt your Ideal Body, Free your True Self, and Transform your life with Baptiste Power Vinyasa Yoga The Miracle Morning, by Hal Elrod: Key Takeaways, Analysis, & Review: The Not-So-Obvious Secret Guaranteed to Transform Your Life Before 8 AM Summary:

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