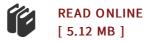




## **Total Renewal**

By Frank Lipman

Penguin Putnam Inc, United States, 2005. Paperback. Book Condition: New. Reprint. 229 x 150 mm. Language: English. Brand New Book. In terms of health, most of us live at 50 percent of our capacity. Total Renewal takes us the rest of the way there. To varying degrees, we all suffer from digestive disorders, low-grade toxicity, or fluctuating blood sugar levels. While not ballooning into full-fledged diseases, these conditions limit our enjoyment of life and prefigure illnesses that loom in our future. Consisting of seven steps, Dr. Frank Lipman s Total Renewal Program is the key to reversing the unhealthy habits and poor functioning that we have slowly developed and accepted over the course of our lives. The program replaces them with new behaviors that leave us stronger, healthier, and more durable.Dr. Lipman s seven steps are: 1.Take Responsibility for Your Health and Well-Being 2. Remove Toxins and Decrease Your Total Load3. Recognize Your Unique Diet4.Replenish Nutrients and Balance Hormones5.Release Tension and Relieve Stress6.Revitalize with a Detox7.Reconnect to Yourself, Others, and Nature.



## Reviews

I actually began looking at this pdf. It is actually rally interesting through reading time period. You will not really feel monotony at at any time of your respective time (that's what catalogues are for concerning if you ask me).

-- Brayan Mohr Sr.

A superior quality publication along with the font used was fascinating to learn. I have read through and i also am certain that i am going to going to go through yet again again in the future. Your life period will likely be enhance the instant you total reading this publication.

-- Donnie Rice