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Human Heal Thyself

By Joe Carotta

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*****. Taking good care of yourself, means not abusing yourself mentally, physically, nor emotionally. It all starts with you and ultimately will end there if you do not take good care of your cells. Your mind can get your body to anything it wants if you have the strength to let it. If you are serious about losing weight, healing yourself and ready to make real changes to your life, this book is for you! This book is meant to give you a clear concise starting point and has no hidden agenda. I am not selling any pills, programs, or magical special plans that will cure or heal you over night. People's health issues are rarely simple and straight forward and everyone reacts to different health improvement plans individually. What may work for one person may not certainly work for another. It will be up to you as an individual to take the information brought to you in this book and begin to use it to your advantage. When you see what is working and...



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