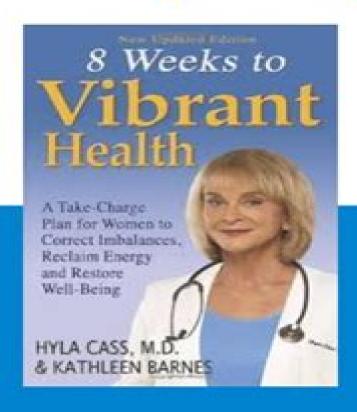
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8 Weeks to Vibrant Health – Coaching Package



8 Weeks To Vibrant Health

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losing effectiveness or producing harmful side effects Dr Steven Goldsmith's answer is at once counterintuitive and commonsensical the root of the problem is our combative approach Instead of resisting and fighting our ailments we should cooperate with and even embrace them We should look for and apply treatments that are integrated with the causes of illness not regard illness as an enemy to conquer This hair of the dog principle is already widely evident in practice Take for example vaccines and inoculations which are small doses of the microbes that cause the diseases being prevented the use of the stimulant Ritalin to calm and ground people with Attention Deficit Hyperactivity Disorder and radiation which is both a well known cause of cancer and a well known method of treating it These are just a few of Goldsmith's many examples which he relays in clear evocative and thought provoking language Perhaps most compelling of all he explores reasons why this clearly effective principle is ignored by Western medicine Drawing on fascinating case studies and personal experiences from his forty year career as a medical doctor and psychiatrist as well as abundant clinical experimental and public health data that support his seemingly paradoxical assertion Dr Goldsmith presents an exciting revolutionary approach that will change the way you think about medicine and psychotherapy Radical Metabolism Ann Louise Gittleman, 2024-09-24 From the New York Times bestselling author of the New Fat Flush series and a visionary and pioneer in the world of natural healing a fat burning diet Izabella Wentz PharmD FASCP Functional Pharmacist and 1 New York Times bestselling author of Hashimoto's Protocol and Hashimoto's the Root Cause Radical Metabolism reveals the secrets to reviving a sluggish over forty metabolism No matter your age if you re a slow loser who wants to speed off stubborn pounds and keep those pounds off for good then this book is for you Inside Radical Metabolism you ll discover which forbidden fats forgotten flavors and fat busting beverages you must eat and drink in order to supercharge your metabolism making weight loss easier than ever before But weight loss is just the beginning With this easy to follow program you ll also enjoy greater energy balanced mood healthier skin and protection against autoimmunity gallbladder issues type II diabetes and other health problems A breeze to use the Radical Metabolism program consists of a four day Radical Intensive Cleanse designed to rest your digestive tract and detoxify your body a twenty one Day Radical Reboot where you ll learn exactly what combinations of foods to eat for results you can feel and see a Maintenance Plan for a radically healthy life With menu plans fifty sumptuous recipes an extensive resource section Radical Metabolism has everything you need to supercharge your metabolism and transform your body into a fat burning dynamo in just twenty one days I deeply respect and honor the work of Ann Louise Gittleman as well as what she has done to bring intelligence to the world of nutrition Mark Hyman MD Medical Director of Cleveland Clinic s Center for Functional Medicine and 1 New York Times bestselling author of Young Forever

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