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Posted on 07 June 2017 By Petronella Ravenshear

Back Cover For The Human Being Diet Petronella Trained At The Institute For Optimum Health And The Natura Foundation And She S Also A Functional Medicine Practitioner She Is Still A Keen Student And Regularly Attends Lectures And Training Courses She Has Been In Private Practice Since And Specialises In Digestive, Skin And Weight Issues She S A Firm Believer In The Wisdom Of The Body And That Food And Exercise Are The Only Medicine We Need The People Who Ve Been To See Me Have Taught Me As Much As I Have Taught Them, Not Only About What Works But, Importantly, About What S Doable Obesity Rates And Chronic Diseases, Including Cardiovascular Diseases And Type Diabetes, Are Escalating These Diseases Involve Inflammation, Which Is Driven By Refined Food, Overeating, Stress And A Sedentary Lifestyle It S Empowering To Learn That The Inflammation Can Be Extinguished By Changing Our Lifestyle And The Way That We Eat The Power Really Is In Our Hands The Human Being Diet Is A Blueprint For Feasting And Fasting Your Way To Feeling, Looking And Being Your Best, Whether You Want To Lose Weight Or Not It S A Painless Path To Discover How To Achieve Boundless Energy Perfect Weight Flawless Skin Refreshing Sleep The Problems And The Consequences Of Our Modern Diet And Lifestyle Are Outlined, And The Solution Is Provided In The Programme Common Health Myths Are Debunked Find Out When To Eat, What To Eat And How Much To Eat, To Reset Your Rhythm And Restore Your Joie De Vivre

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