

## **BODY BY GOD BEN LERNER**



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The Paperback of the Body by God: The Owner's Manual for Maximized Living by Ben Lerner at Barnes & Noble. FREE Shipping on \$25.0 or more! In Body by God, Dr. Lerner offers a comprehensive plan for getting in touch with our bodies in four areas: nutrition, exercise, stress management, and time management. His "5-in-5" plan is designed to

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### **Ben Lerner Author of Body by God**

Dr. Ben Lerner owned and operated 5 clinics in Central Florida seeing 12,000 patient visits each month. He is now the co-founder of Maximized Living Inc. and Maximized Living Health Centers which has opened more than 80 franchised clinics.

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### **Body by God The Owner's Manual for book by Ben Lerner**

In Body by God, Dr. Ben Lerner will show you how to understand your needs and how to treat your body without interfering with God's magnificent design. Using a fresh, step-by-step approach, Dr. Ben teaches you how to be healthier and happier.

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### **Body By God The Owner's Manual for Maximized Living Dr**

God preprogrammed you to look great, have outrageous health, and experience incredible happiness. In the human body, God created a perfect design, equipped with all the organs, tissues, and cells necessary for health, production, and reproduction. The problem, asserts Dr. Ben Lerner, is when we as humans interfere with God's design for our bodies.

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Atwood. Using the Bible as his forum, Dr. Ben Lerner's book, Body By God, does a good job in presenting to the spiritually and physically unmotivated some guidelines for improvement. Nevertheless, his shortsighted view of milk and dairy in his Undiet was disconcerting to say the least.

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### **Body by God by Dr Ben Lerner Diet Review Diets in Review**

Body by god - Body By God is a natural solution for meeting your weightloss goal. The plan even comes with a list of commandments dedicated followers should abide by: > No processed carbs, like pasta and bread, especially after lunch > Replace carbs between lunch and dinner with green veggies > No soda, tea or coffee.

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