

Health Is Wealth: The Art of Healthy Living (Paperback)

By Gandy Madzalo

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Health is wealth, without it the richest man is poor. In this book Gandy Madzalo, a Naturopathic Nutritional Therapist explains secrets of how to invest in your health. Written in a simple language are tips on how you can enjoy a quality productive life by preventing chronic and acute conditions through healthy living. Many people today are busy investing in almost everything, be it, education, infrastructure, business shares etc. But very few are investing in personal wellness. From everyday ailments such as coughs and colds that affect health and well-being, to those bigger, scarier, chronic illnesses that drain mind, body and spirit of its vitality like cancer, high blood pressure, depression, stress, gout, arthritis, low immunity etc. You will learn from the pages of this book natural solutions to reclaim your lost health and rebuilding your personal well-being. Health is treasure that many people don't realize it until the day they will lose it. We spend our time working hard day and night trying to make money, thereafter we spend all our money trying to regain our lost health. Start your personal or family wellness...



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