



# You, GOD, Hormones, and Health: An Informative and Inspirational Guide to Wellness

By Judy Ponsford BSN RN WHNP

WestBow Press, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do you get up in the morning and hit the floor eager to tackle your day, or do you get up and just hit the floor? Today's women live with a lot of physical and emotional stress. Imagine how well you can serve God and others when you learn how to live healthy, prevent disease, and have energy that soars. This book is filled with much needed information and practical advice that will help you. - see your body as a temple - take charge of your health - better understand your hormones, other body systems, and how they interrelate - learn about our toxic environment and what to do to combat this problem - learn how you are robbed of vital cellular energy from electromagnetic fields and how pulsating magnetic resonance therapy can help - make wise decisions with your money when it comes to your health and purchasing supplements All while inspiring you to use your life experiences for spiritual growth, service.



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