



The Micronutrient Solution: Inside-Out Healing, Health, Vitality, and Weight Loss God s Way (Paperback)

By Shedric Wallace

Createspace, United States, 2013. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.What if I told you that everything you have been told about dieting and eating for optimum health is wrong? What if I demonstrated with compelling facts that the past 30 years of expert advice on dieting has done more harm than good? What if I pointed to statistics that show 85 of dieting attempts end in failure and that a simple Eating Less - Exercise More approach to weight loss is like fighting a forest fire with a plastic water pistol? The Micronutrient Solution is a compelling, concise, eye-opening, and even, lighthearted look at our national health and obesity crisis on one hand. On the other hand, it is an individual action plan and road map to a permanent healthful life. It presents an honest and simple solution to weight loss that has been missing. It is guaranteed to produce a mind-shift in those who have trusted in conventional wisdom regarding how to live healthfully. 25 OF PROCEEDS ARE DEVOTED TO FIGHTING CHILDHOOD OBESITY.



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