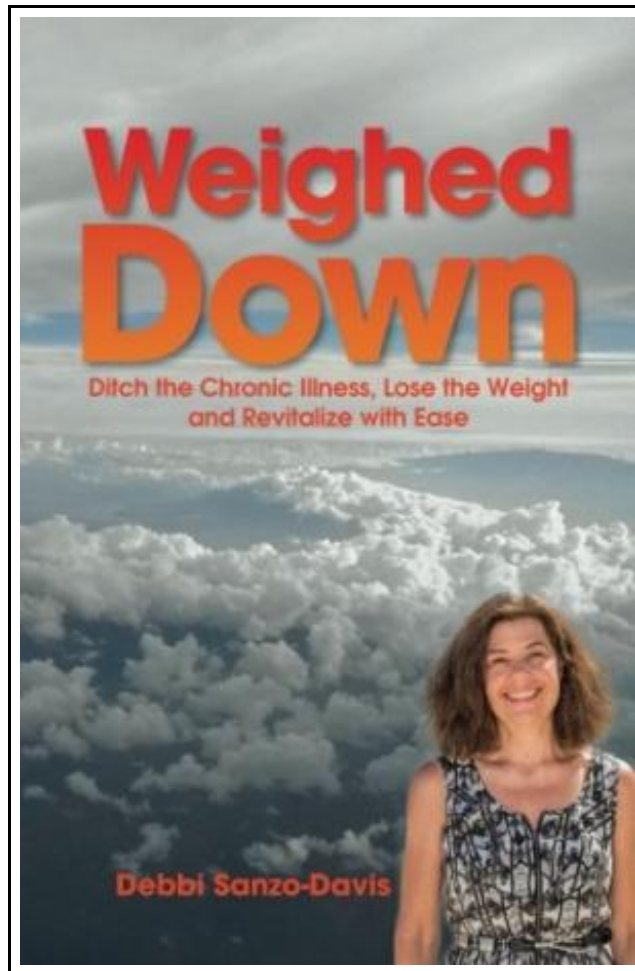


Weighed Down: Ditch the Chronic Illness, Lose the Weight and Revitalize with Ease



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Reviews

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WEIGHED DOWN: DITCH THE CHRONIC ILLNESS, LOSE THE WEIGHT AND REVITALIZE WITH EASE

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Sanzo-Davis, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. Weighed Down is about the experience and journey to health and self-restoration of the writer, Debbi Sanzo-Davis, a former American Airlines employee who after 30 years of dedication to the company found herself rundown, stressed, overweight, unhappy, and suffering from chronic illnesses including high blood pressure. She was approaching retirement age with no hope for health and well-being in her retirement years. Desperate and anxious to not meet the conventional medicine healthcare fate of the elders, co-workers and others in her life she began her quest for lifestyle change, health knowledge and well-being. Having long been a follower of new age thinking and philosophy greatly influenced by the teachings of Dr. Wayne W. Dyer, and the inspiration of the Hay House family, with recent addition to Jennifer McLean s Healing with the Masters, she expanded her focus to the progressive leaders of the nutrition and self-health movement which included Joshua Rosenthal, Pam MacDonald, Daniel Vitalis, David Wolfe, James Colquhoun and Laurentine ten Bosch. She learned from them and their works, a way to affect the kind of change that would restore her health physically, emotionally and spiritually. This written work takes you through Debbi s periods of personal loss, downfall and stagnation to moments of self-realization, awareness, and choice for change. The wheels were set into motion and the results were so incredible and uplifting it prompted her decision to receive a formal education and training from The Institute for Integrative Nutrition. As a result a new Integrative Nutrition health coach was born to share this gift by helping others, particularly the 45-65 age group, longing to reach and live their retirement years with good health and...



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