



Health Made Simple: Building the Foundation of Health Through Easy and Sustainable Changes in Nutrition and Lifestyle

By John Schott

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.A Healthy Lifestyle Made Easy and Affordable Ready to start a healthy lifestyle but confused about all the contradictory information out there? Feeling overwhelmed? Wish there was a short book that would set you on the right path? Then Health Made Simple may be just the book for you! Author John Schott has condensed a decade of research and experimentation into an easily digestible read that will save you ten years of time and hundreds of wasted dollars on other books, fad diets, and supplements that don't work. This book is an intro to everything you might be curious about, from EMFs and GMOs to goji berries and bee pollen. Finally feel empowered and confident about your health rather than confused and defeated. Give Up Fad Diets Forever What's the perfect human diet? Is it Paleo? Vegan? Raw food? Low fat? Schott has tried them all and has come out the other side, wiser and with a broader perspective of what healthy means. With Health Made Simple, you'll set a nutritional foundation that blends the...



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