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Happy Belly: A Woman's Guide to Feeling Vibrant, Light, and Balanced

By Nadya Andreeva

ADVANTAGE MEDIA GROUP, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. DIGESTION IS THE CORNERSTONE OF HEALTH. The state of your digestion determines the health of each cell in your body, including blood cells, muscle and nerve cells, neurons produced and hormones created. Without an efficient digestion we can't hope for a strong immune system, a flat stomach, efficient elimination of toxins, a positive emotional health and vibrant energy. HAPPY BELLY is about achieving optimal digestive health that creates a clear mind and a healthy weight without calorie counting, diet foods, or other restrictions. HAPPY BELLY is jam-packed with practical living and eating tips, journaling exercises, and ancient knowledge of Ayurveda that will help you create a personalized approach to food based on combining outer and inner wisdom. A knowledge packed action guide for anyone who is tired of bloating, irregularity, and feeling overwhelmed or scared of food. Nadya Andreeva is a certified wellness coach who is professionally trained in mindful eating. She has worked with hundreds of women on improving their health through better digestion. Let Nadya guide you through the process of analyzing the habits behind poor digestion....


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