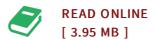




Health Is Wealth: The Art of Healthy Living (Paperback)

By Gandy Madzalo

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Health is wealth, without it the richest man is poor. In this book Gandy Madzalo, a Naturopathic Nutritional Therapist explains secrets of how to invest in your health. Written in a simple language are tips on how you can enjoy a quality productive life by preventing chronic and acute conditions through healthy living. Many people today are busy investing in almost everything, be it, education, infrastructure, business shares etc. But very few are investing in personal wellness. From everyday ailments such as coughs and colds that affect health and well-being, to those bigger, scarier, chronic illnesses that drain mind, body and spirit of its vitality like cancer, high blood pressure, depression, stress, gout, arthritis, low immunity etc. You will learn from the pages of this book natural solutions to reclaim your lost health and rebuilding your personal well-being. Health is treasure that many people don t realize it until the day they will lose it. We spend our time working hard day and night trying to make money, thereafter we spend all our money trying to regain our...



Reviews

Merely no words to explain. I really could comprehended everything out of this published e ebook. I found out this publication from my dad and i suggested this publication to learn.

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This written pdf is fantastic. It normally is not going to expense a lot of. It is extremely difficult to leave it before concluding, once you begin to read the book.

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