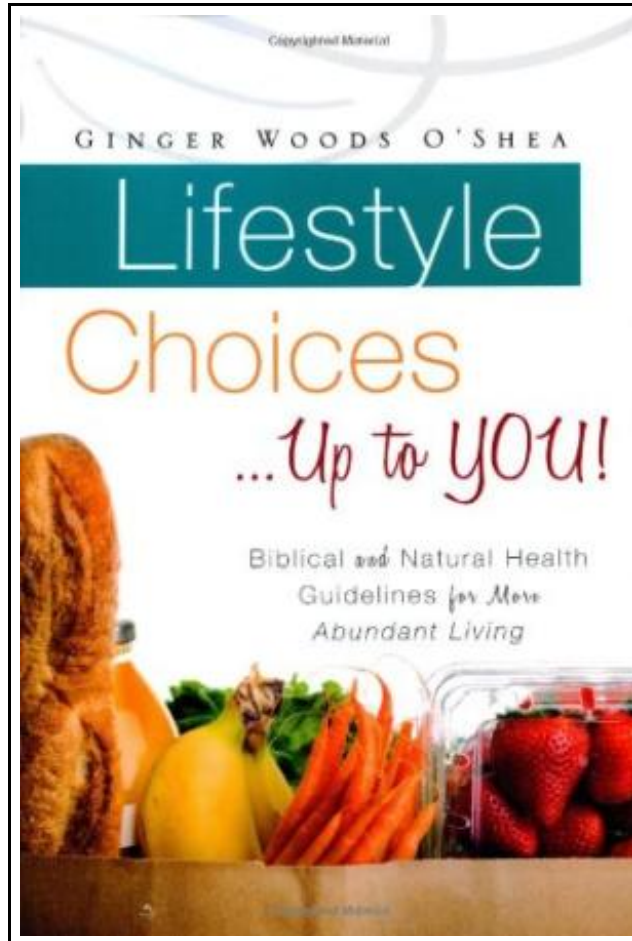


Lifestyle Choices . Up to You



Filesize: 3.4 MB

Reviews

*Most of these publication is the greatest publication offered. It is actually rally intriguing throgh reading period of time. You can expect to like just how the article writer create this publication.
(Eddie Schuppe)*

LIFESTYLE CHOICES . UP TO YOU



Xulon Press. Paperback. Book Condition: New. Paperback. 404 pages. Dimensions: 8.8in. x 6.0in. x 1.0in. Choices! . . . Choices! . . . Choices! The Battle for Your Health Begins in Your Mind Are your choices leading you toward health-or toward disease Why are lifestyle illnesses escalating so rapidly today Find answers to these and many other questions! What determines your health choices . . . habit, convenience, marketing ploys, or time-tested truths Understand why your choice of foods, body-care, and home products is a spiritual issue. See how Biblical truths can help guide you out of the food-product-disease maze. Learn the basic differences between the Conventional Medical Model and the Natural Health Model of health and healing. Expand your knowledge of the many dangerous but disguised ingredients in your food. Become more alert to marketing techniques, the steps to mass-mindedness, and how these strategies can affect your health decisions. Learn how some corporate and governmental agendas can compromise your health. Discover the latest scientific information about the important mind-body connection. Understand the essential importance of thoughts and their impact on your emotions. Learn what a thought looks like, how it is formed in your brain, and why this is important. Understand the nature of the stress response and implement strategies for a more peaceful, productive, and healthy life. Explore the myths about vaccinations and discover their dangerous dark side. Make Lifestyle Choices your choice for small-group study. Enjoy its user-friendly, workbook-style format with helpful summaries, stimulating discussion topics, and ample space for recording your new decisions and progress. Ginger Woods OShea, MA, MSW, NH, is a clinical social worker, nutritional herbalist, natural health advocate, and researcher. Her passion is to assist Christians in caring for their bodies as temples of the Holy Spirit. She is currently retired and lives in...



[Read Lifestyle Choices . Up to You Online](#)



[Download PDF Lifestyle Choices . Up to You](#)

See Also



DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs...

[Read Document »](#)



Phonics Fun Stick Kids Workbook, Grade 1 Stick Kids Workbooks

Creative Teaching Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 8.8in. x 6.4in. x 0.3in. Learning to read is a fun and exciting time in a child's life, and being able to decode words is...

[Read Document »](#)



Kindergarten Reading Stick Kids Workbook Stick Kids Workbooks

Creative Teaching Press. Paperback. Book Condition: New. Paperback. 56 pages. Dimensions: 8.8in. x 6.4in. x 0.3in. Every day your child is acquiring skills needed for entry into the world beyond family and home. Arrival at school...

[Read Document »](#)



DK Readers Flying Ace, The Story of Amelia Earhart Level 4 Proficient Readers

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.8in. x 5.8in. x 0.2in. Amelia Earhart was a famous woman pilot. She is about to set off on the most dangerous flight ever attempted. Find...

[Read Document »](#)



Readers Bermuda Triangle

DK CHILDREN. Paperback. Book Condition: New. Paperback. 48 pages. Dimensions: 8.8in. x 5.8in. x 0.2in. Strange things happen when you enter the Bermuda Triangle. Five planes vanish into the blue. Two crews disappear from a ship....

[Read Document »](#)