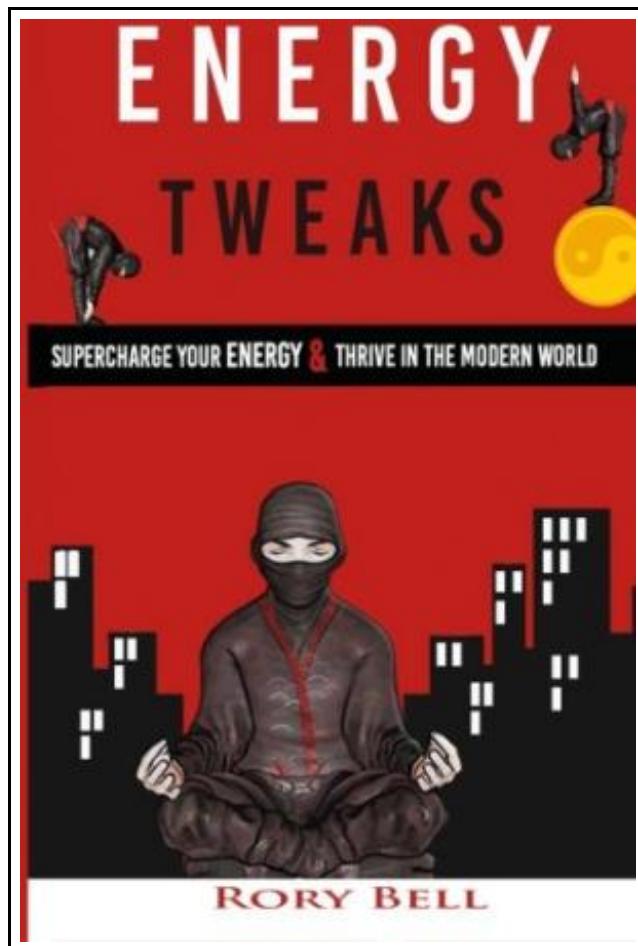


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Reviews

Simply no terms to clarify. It is actually loaded with knowledge and wisdom I am just delighted to let you know that this is the very best publication i have got read through during my individual lifestyle and could be he very best pdf for actually.

(Mr. Caleb Quigley MD)

ENERGY TWEAKS: SUPERCHARGE YOU ENERGY AND THRIVE IN THE MODERN WORLD (PAPERBACK)

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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. ENERGY TWEAKS Are you sick and tired of feeling sick and tired? I was ten years ago. That is why I made it my mission to get healthy and energized. Within Energy Tweaks, you will learn some startling information why this generation so overwhelmed, stressed, fatigued and is currently so susceptible to chronic diseases. Most importantly I will give you the top ten energy tweaks that I personally used to get healthy and supercharge my energy levels. You will be able to easily meet the challenges of life. Within the book I explore precious eastern wisdom combined with cutting edge western scientific breakthroughs to take your life to the next level. If you implement these solutions and strategies, you will have an abundance of energy to play with your kids, fulfil your dreams and goals, live life with joy and abundance, increase athletic performance, excel at work and most importantly live with passion and purpose. Supercharge your energy and thrive in the modern world The book will explore- 1. the current biggest health challenges in the modern world today that are zapping your energy. 2. my top ten energy tweaks that are my own personal tips and strategies for increasing energy levels, health and well- being 3. ways to increase energy through deep breathing exercises to oxygenate and energize the body and mind. 4. the importance of hydration and its effects on increasing energy levels. 5. the importance in maintaining a balance between acid and alkaline within the body for optimal energy 6. the building blocks of ATP or cellular energy and its role in increasing energy and athletic performance 7. We look at the Eastern...



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