

The 5 vital secrets for a healthy life

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Abstrak

Based on Puhn's twenty years of experience as a clinical nutrition specialist, The 5 Vital Secrets for a Healthy Life offers a time-tested healing program of complementary therapies that will help you attain and maintain a strong, healthy body and a sharp, confident mind. Adele Puhn begins by stressing the importance of the health links that can connect your symptoms to underlying conditions - some of them obvious, some of them startlingly subtle. She guides you, step-by-step, to becoming your own health detective - as you discover the solution to the "mystery" your body is trying to tell you. Puhn shows you how to find the real clues your body is telling you to help you on your way to good health. And to ensure that health, she also includes her own unique mix of herbal remedies, food regimens, nutritional supplements, and inspiring advice. To help you visualize how apparently unconnected conditions can wreak havoc on your health, Puhn has created a remarkable device: the Body Bank. When you make deposits - in the form of supplements, specific foods, or a good night's sleep - your account grows, building a wealth of health. When you make withdrawals - some as obvious as eating too much fatty foods and some you might not even be aware of doing! - you're depleting your system and beginning to "run in the red". But even if you find yourself with a full-fledged bankruptcy condition, don't despair. Puhn gives you simple, easy-to-implement solutions to bolster your entire system