

The e-book will teach you why the cellulite develops and the reasons why most products fail to combat cellulite.



Cellulite Factor Guide

Susan Smith Jones

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Bible Patrick Holford,2005-08-01 Since it was first published in 1997 THE OPTIMUM NUTRITION BIBLE has revolutionized health by showing more than half a million readers how to achieve a profound sense of well being by devising the best possible intake of nutrients for their unique biochemical makeup THE NEW OPTIMUM NUTRITION BIBLE presents the latest research from Britain s top nutrition expert Patrick Holford with new chapters on stimulants water eating right for your blood type detox homocysteine and toxic minerals You ll learn to analyze your symptoms lifestyle and eating habits in order to formulate a personal ideal diet and vitamin regimen Once optimum nutrition is in place you can look forward to a consistent high level of energy emotional balance alertness physical fitness resilience against infectious diseases and longevity A revised edition of the best selling nutritional guide with an A to Z guide to specific health problems and how to heal them with optimum nutrition Unlike modern medicine which tends to treat diseases not people the optimum nutrition approach considers a human being as a whole with an interconnected mind and body designed to adapt to health if the circumstances are right Additional chapters cover boosting your immune system preventing cancer and heart disease how to increase your IQ memory and mental performance improving skin health and much more THE OPTIMUM NUTRITION BIBLE sold more than 500 000 copies worldwide

Microcirculation Imaging Martin J. Leahy,2012-07-10 Adopting a

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Massage Therapy Mario-Paul Cassar,1999 This book describes the theory and application of massage techniques their physiological effects indications and contraindications and how massage is therapeutically applied in the treatment of many common conditions **New York** ,2009-11 *Feel Good Naked* Laure Redmond,2003 We all know a woman who turns heads whenever she enters a room even though her legs are not perfect her body not classically proportioned And we all wonder What does she have that I don t Laure s 10 step Feel Good Naked program will teach you that her magnetism has everything to do with the way she feels about herself and little to do with isolated body parts Most women are obsessed with their bodies never happy with how much they weigh or how they look Laure Redmond used to be one of those women paralyzed by female body hatred insecure and uncomfortable with her overweight appearance With self motivation her specifically designed 10 step no diet program and a few setbacks along the way Laure changed her perspective and her appearance She has spent the last twenty years counseling other women with her unique 10 step program that sheds pounds easily and naturally while building self esteem Her clients are always amazed at how good they feel lean energetic and most importantly confident Laure s Feel Good Naked program is the secret to finally loving the way you look For ten years Laure operated Body Design By Gilda one of New York City s most respected exercise studios Her clientele included many top celebrities like Helen Hunt Andie MacDowell Mary Tyler Moore and Madonna In working with such high profile clients as well as many top models Laure realized that how you look has nothing to do with how much you weigh and everything to do with how you feel Her fabulous innovative program has worked for countless women all across the country and ten of these women share their success stories in *Feel Good Naked* The 10 steps are simple gradual and require no special equipment foods or gadgets All you need is the desire to feel better about yourself You ll meet Erin who needed to eat more and exercise less in order to lose weight Susan who has lost 100 pounds without dieting Theresa who saved her marriage by learning how to feel better about herself and her body Discover Why just switching from diet soda to water will cause you to lose at least five pounds How ten minutes of exercise can change your face and your life Why you should never deprive yourself of your favorite tastes Why learning how to breathe consciously is essential for losing weight Why you don t need to meet Mr Right

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