

**SUPER
HEALTH**

*Seven-Week Health
and Fitness Journal*

Living



THE SEVEN GOLDEN KEYS TO LIFELONG VITALITY

Foreword by
DR. JORDAN RUBIN

Preface by
DR. JOSEPH MERCOLA

KC CRAICHY

Super Health Seven Golden Keys To Lifelong Vitality

TD Snyder



Super Health Seven Golden Keys To Lifelong Vitality:

Super Health K. C. Craichy, 2005 Super Health is a complete manual for physical mental emotional and spiritual renewal K C Craichy founder and CEO of Living Fuel shares simple practical and step by step information for unleashing the energy health and fitness that your body and spirit have been waiting for Super Health is the culmination of many years of research and trial and error K C wrote the book because he cares deeply about health and wellness and because he believes we have a responsibility as Christians to be living examples of the abundant life We can't live abundantly if it is a challenge to drag ourselves out of bed in the morning if we don't have the energy to play with our children and if the stresses of life are preventing us from reaching our highest God given potential K C believes we must proactively take our lives and our health into our own hands Modifying our lifestyles and food choices doesn't just affect us alone It impacts the health of our families our communities and ultimately the planet K C Craichy developed this safe simple and complete lifestyle program through years of research and working with some of the top minds in nutrition and medicine The Seven Golden Keys to Unlock Lifelong Vitality is a program that enhances performance promotes energy nurtures overall health and can be sustained over a lifetime The Seven Golden Keys includes the groundbreaking nutritional approach The Four Corners of Optimal Nutrition

Super Health Living Journal K. C. Craichy, 2005-08 Living the Seven Golden Keys to Lifelong Vitality is a great companion to K C Craichy's interactive guide Super Health Seven Golden Keys to Unlock Lifelong Vitality This 7 week interactive journal provides a powerful motivation for success It is an easy tracking tool that helps you plan and organize your health strategy and is also a record of accountability a great way to measure and chart your daily and weekly progress Thousands of people have transformed their health through implementing these principles into their lives [Super Health Living Journal](#) K. C. Craichy, 2005-08 Living the Seven Golden Keys to Lifelong Vitality is a great companion to K C Craichy's interactive guide Super Health Seven Golden Keys to Unlock Lifelong Vitality This 7 week interactive journal provides a powerful motivation for success It is an easy tracking tool that helps you plan and organize your health strategy and is also a record of accountability a great way to measure and chart your daily and weekly progress Thousands of people have transformed their health through implementing these principles into their lives **God Cures** Damon Davis, 2018 This book will help me make

changes in my physical and spiritual health and become motivated with a new perspective on how God cures us *Total Life Cleanse* Jonathan Glass, 2018-01-30 A comprehensive guide to the integrated detox of body mind and spirit Presents a practical 28 day plant based program divided into four cycles to initiate and maximize physical mental and spiritual detoxification Integrates the ancient wisdom of yoga Ayurveda and Traditional Chinese Medicine with naturopathic principles and contemporary nutritional science Provides plant based smoothie and meal recipes tips on liver health and healthy elimination exercise and yoga practices breathing and meditation techniques to address toxic thought patterns and Karma Forgiveness cleansing rituals Integrating the ancient wisdom of yoga Ayurveda and Traditional Chinese Medicine with

naturopathic principles and contemporary nutritional science Jonathan Glass M Ac C A T presents a practical 28 day program divided into four cycles designed to initiate and maximize detoxification of your body mind and spirit from the harmful effects of the modern lifestyle Glass reveals the interconnectedness of what we consume both mentally and nutritionally emphasizing that cleansing of the body alone will offer only a temporary solution if we do not also apply the same cleansing principles to our thoughts and actions He provides delicious plant based smoothie and meal recipes step by step instructions to resolve blockages and stagnation in the physical or emotional body including tips on liver health and healthy elimination guidance on how to cleanse the proliferation of toxic thought patterns in the mind as well as outlining a supportive Karma Forgiveness cleanse ritual to detoxify the spirit He explains how the soul is encased in five coverings known as Koshas and details how to harmonize all five Koshas through a plant based diet exercise yoga breathing techniques and meditation introspective practices Citing wisdom from teachers he has revered over the years and sages past and present as well as teachings from the Vedas and other ancient texts Glass reinforces that how we eat think and live directly impacts our health in body mind spirit and our relationships He also shows how the principles of the Total Life Cleanse inherently support the environment By empowering you with a new way of thinking seeing and being the Total Life Cleanse program allows you not only to heal yourself by changing your life patterns but also to heal others as we foster a deeper connection to the life that surrounds us and ultimately the universe

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Bible Foods For Life Benny Hinn,2006-10-18 Who better to provide dietary insight than our wonderful Lord Promises of health and healing are found throughout the Bible It is God's will for you

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