

PATRICK HOLFORD

Bestselling author of **The Optimum Nutrition Bible**



6 WEEKS TO SUPER HEALTH

AN EASY-TO-FOLLOW PROGRAMME FOR
TOTAL HEALTH TRANSFORMATION



Six Weeks To Superhealth An Easy To Follow Programme For Total Health Transformation

Patrick Holford



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6 Weeks To Superhealth Patrick Holford, 2010-12-02 This highly practical six week health plan is the fastest way to achieve superhealth in six easy weeks Step by step top nutrition expert Patrick Holford shows you how to use diet supplements and eating plans to Increase your energy Balance your hormones Boost your brain power Tune up your digestion Increase your immunity Prevent pain and inflammation And much more After only six weeks you will be healthier stronger and fitter with a real basis upon which to build lifelong health This is do it yourself health at its very best Hazel Courteney Sunday Times **Six Weeks to Superhealth** Patrick Holford, 2000 **6 Weeks to Superhealth** Patrick Holford, 2000 **The British National Bibliography** Arthur James Wells, 2002 **Superhealth** Steven Pratt, Sharyn Kolberg, 2009-01-01 Outlines scientifically supported methods for losing weight fighting disease and improving energy levels by eating strategic food combinations describing a six week program for embracing a healthier lifestyle and detoxifying the body *Total Health Transformation* Danny Scahill, 2018-04-26 Are you tired of feeling tired Would you love to unlock new levels of energy vitality and enthusiasm for life Total Health Transformation will help you to do exactly this by teaching you the three fundamental elements of thriving wellbeing Think on purpose Move on purpose Eat on purpose Dr Danny Scahill explains the causes of the most common health problems people face today including exhaustion weight gain stress and disease He provides easy to follow practical advice for how you can begin your journey to Total Health Transformation today

Your Health is Non-Negotiable Workbook: Your 42 Day Guide to Total Transformation Sherry Anne Thacker, 2019-12-10 In this six week guide to completely transforming your life we focus on the one thing that matters most YOU Your body and your health have come in second place for far too long and that needs to change RIGHT NOW Your Health Is Non Negotiable Workbook is the follow up guide to the self help book Your Health is Non Negotiable Your Six Week Guide to Total Transformation This workbook helps to keep you on track and focused on the important key messages that we teach in the program Each day is perfectly planned out to help you managing your feeding and fasting windows your sleeping habits your carved out time for stress management your meal and fitness planning and your daily work planner Absolutely everything you need to properly plan out your health and your life to better set you up for success **Your Health Is Non-Negotiable** Sherry Thacker, 2018-12-15 In this six week guide to completely transforming your life we focus on the one thing that matters most YOU Your body and your health have come in second place for far too long and that needs to change RIGHT NOW Your Health Is Non Negotiable breaks down all the ways you have been unknowingly hurting your body and explains exactly how you can eliminate these problems and habits while feeling and looking better than ever before And this is a plan that can be tailored to suit YOU your needs your lifestyle your goals as everyone s body is different Imagine a future in which you have the health and energy to sail through life the physique and fitness that you always desired and most importantly the knowledge to maintain this for the rest of your happy life It s time to ditch our unhealthy lifestyles reject all

of the medical myths that have plagued so many of us take control of our lives and make our health NON NEGOTIABLE

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