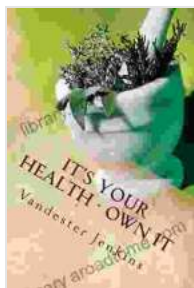


It Your Health Own It: The Ultimate Guide to Taking Control of Your Health

Are you ready to take control of your health?

If you're tired of feeling sick and tired, and you're ready to take control of your health, then this book is for you.



It's Your Health - OWN IT: Diary of A Family and Food Allergies

★★★★★ 5 out of 5

Language	: English
File size	: 1291 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 71 pages
Lending	: Enabled



It Your Health Own It is the ultimate guide to taking control of your health and living a longer, healthier life. This book will teach you everything you need to know about:

- The importance of nutrition
- The benefits of exercise
- The dangers of stress
- The importance of sleep

- The role of genetics
- The power of the mind

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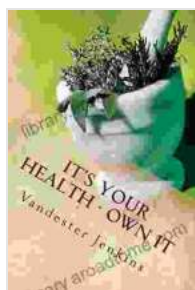


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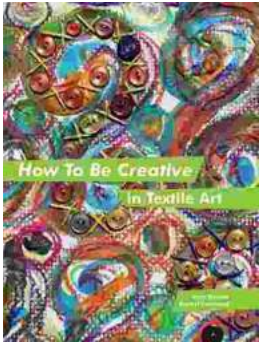
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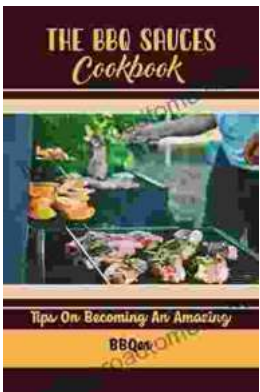
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