

Marilu Henners Total Health Makeover



BOOK DETAILS

- Author : Marilu Henner
- Pages : 352 Pages
- Publisher : William Morrow
- Language : English
- ISBN :

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BOOK SYNOPSIS

When Was The Last Time You Felt Really Healthy? Nows the time to create the healthy, balanced life you want -- and become the truly vibrant, happy person you were meant to be. Combining good humor with solid science, Marilu Henner provides essential information on every aspect of health and fitness, including: Detoxing your body Preventing or alleviating health conditions from obesity to cancer The secrets of stress reduction Real food and the organic way to fuel your body Free yourself forever from diets and disease-causing toxins, boost your energy, lower and maintain your weight -- and change your life.

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