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## Lifestyle Choices . Up to You

By Ginger Woods O'Shea

Xulon Press. Paperback. Book Condition: New. Paperback. 404 pages. Dimensions: 8.8in. x 6.0in. x 1.0in. Choices! . . . Choices! . . . Choices! The Battle for Your Health Begins in Your Mind Are your choices leading you toward health-or toward disease Why are lifestyle illnesses escalating so rapidly today Find answers to these and many other questions! What determines your health choices . . . habit, convenience, marketing ploys, or time-tested truths Understand why your choice of foods, body-care, and home products is a spiritual issue. See how Biblical truths can help guide you out of the food-product-disease maze. Learn the basic differences between the Conventional Medical Model and the Natural Health Model of health and healing. Expand your knowledge of the many dangerous but disguised ingredients in your food. Become more alert to marketing techniques, the steps to mass-mindedness, and how these strategies can affect your health decisions. Learn how some corporate and governmental agendas can compromise your health. Discover the latest scientific information about the important mind-body connection. Understand the essential importance of thoughts and their impact on your emotions. Learn what a thought looks like, how it is formed in your brain, and why this is important...



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