



## True Health Mastery: Transform Your Health; Change the World

By Mary Esther Miranda Gilbert

Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This essential, empowering health reference manual is far more than following a healthy diet and a general fitness plan. It presents the many factors that are at the root of the disease epidemic of poor health in our world, and the many hidden reasons for the diminishing intelligence, degenerating genetic integrity, and deteriorating mental/emotional state of human beings. The reader is presented with real, lasting, and effective solutions to protect one from the constant onslaught of health threatening challenges upon their health, and the one true way of restoring optimal health and revealing one's greater human potential. There is a necessary unlearning and re-education process in order to begin to manage one's health free from conflicting propaganda, hype and obstructive, veiled information that may have governed their socially programmed, disease care perspective all of their life. Evidence-based, time-proven holistic nutritional health and integrative fitness protocols have been applied successfully by the author's clients, students, audiences and readership for over thirty-five years in her professional nutritional healing and sports nutrition practice. A new approach as to...

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