



## Wellness

By Geetha Patel

Sunstone Press, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is the product of the author's curiosity regarding the secrets behind good health and well being of a person even after the age of seventy. She was inspired by her neighbor's zest for life and her positive attitude during her advanced years. This prompted her to interview many seniors in Canada and in India to find out the secret to their well being and she found six most common elements. Even though the book starts with these, it also reveals interesting natural remedies used to cure some unique and simple ailments, the medicinal value of some herbs and spices, beauty and hair treatments and face masks used when Geetha was growing up, and then concludes with some healthy vegetarian and non-vegetarian recipes. A fascinating component of this book is the real life stories from the author's experiences. Useful for young and old, men and women. \* \* \* \* Geetha Patel is an Indo-Canadian and a retired school vice principal from the Toronto Catholic District School Board. Her faith, her positive and...



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