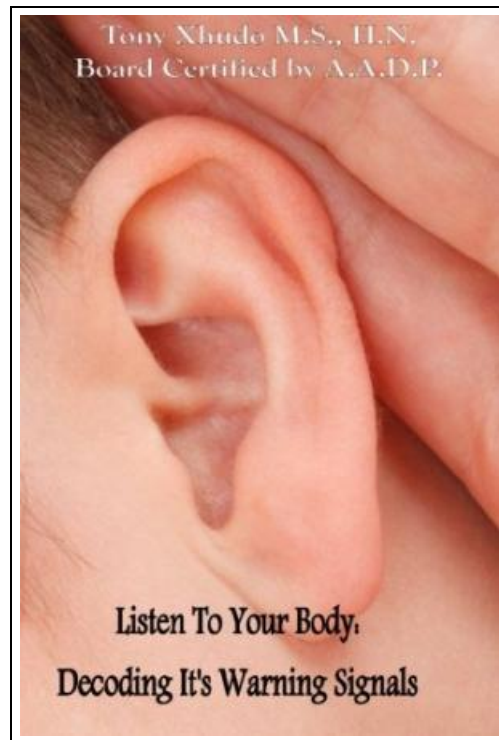


Listen to Your Body: Decoding It's Warning Signals



Filesize: 8.45 MB

Reviews

Thorough information! Its such a excellent read. It is really simplistic but unexpected situations within the fifty percent of your pdf. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Johnathon Moore)

LISTEN TO YOUR BODY: DECODING IT S WARNING SIGNALS



Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 222 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Your body is a magnificent machine. When things go awry, it generally doesn't just shut down without a warning of some kind, like an incandescent light bulb popping its filament. Instead it sends us little signals like biological taps on the shoulder letting us know that something is amiss. Physical signs and symptoms are ways your body tries to alert you to deeper imbalances. Taking the time to decipher the body's codes is always better than simply popping pills and hoping the symptoms just go away. How often does one hear that little voice going off in your head, telling you that something is not just quite well inside? From simple headaches, nose bleeds, to stomach pain and spots on your finger nails, can all tell a whole story of what really is going on. Learn to find out when a symptom may actually be a life threatening warning? Or a sign that may be of a nutritional disorder. Discover how common food allergy symptoms may be of a nutritional deficiency, and learn how to decode its remedy and eliminate allergies forever! Educate yourself on the following body language clues that may arise if you are experiencing or about to experience the following serious health issues: Aneurysms - A sudden, severe headache could be a warning signal. If you experience the sudden onset of the worst headache of your life, this could signal a possible brain hemorrhage or ruptured aneurysm. Stroke - if you're feeling shaky, numbness, slurred speech, blurred vision, this could be a vital sign that you could be having a mini stroke. Bruxism - Do you constantly grind your teeth...



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