



# How To Take Control of Your Own Life (A Self-Help Guide to Becoming Healthier Over the Next 30 Days)

*Cathy Harris*

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## **How To Take Control of Your Own Life (A Self-Help Guide to Becoming Healthier Over the Next 30 Days)** Cathy Harris

Have you been feeling sick, sluggish or run-down? Do you consider yourself to be healthy? What do being healthy really means? Being healthy is simply having the energy and vitality to move forward and enjoy your life.

After conducting extensive research on how to become healthier, I learned that it's a good chance that all the following have contributed to your organs becoming clogged, turning hard and slowing you down --such as eating the Standard American Diet (SAD) over the years; Swallowing undigested foods over the years; Eating junk foods over the years; and taking pharmaceuticals (either prescribed or over-the-counter) over the years.

Even though you are not experiencing any pain from your liver, kidneys or other organs, it doesn't mean that they are operating at 100%. The problem is if you don't do something to reverse the damages that have occurred to your organs over the years, they will eventually give out. If one organ gives out, they all give out because they work as a team -- and you will die!

If you have bad breath, pass gas that has a foul odor or have a bad odor when you defecate, that means you have something inside of you that is dying or in other words - a disease is developing in your body.

Remember diseases cannot exist in a healthy body! The goal is to look at your lifestyle (diet, exercise, sleep patterns, etc.) and your environment (inside environment and outdoor environment) and develop good habits that will give you a "disease-free body."

Don't beat yourself up if it takes some time for you to adjust to your new lifestyle. After all you did not pick up all those bad habits overnight. Remember it takes 3 to 4 weeks to form new habits. But you have to start today before it's too late!

Remember chances are you are the cause and you will also have to be the cure for what is happening to your body.

This is a self-help guide to renewing your life and getting back the energy and vitality you had years ago -- and I am living proof that you can do this starting within the next 30 days.

This book "How To Take Control of Your Own Life: A Self-Help Guide to Becoming Healthier Over the Next 30 Days" is the third book in a 3 part empowerment book series which provides powerful information on how to take control of your own life. Enjoy!

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With this era which is the greater man or who has ability to do something more are more important than other. Do you want to become one of it? It is just simple solution to have that. What you have to do is just spending your time very little but quite enough to get a look at some books. One of several books in the top list in your reading list is definitely How To Take Control of Your Own Life (A Self-Help Guide to

Becoming Healthier Over the Next 30 Days). This book which can be qualified as The Hungry Hills can get you closer in getting precious person. By looking up and review this book you can get many advantages.

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