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Simone Janson



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Health and Wellness Coaching Tips and Tools , Plant-Based for Tired People Rachel Morris,2021-01-12 Want more energy Try a plant based diet Doctors have long touted the benefits of eating a plant based diet and people are listening The plant based food industry is booming and more food establishments are catering to the trend as people aim to increase their consumption of vegetables fruits and whole foods Plant Based for Tired People addresses questions and concerns people have in order to ensure they find success from the get go First we explore the evolution of the trend and explain exactly what it means to go plant based We also take a look at how adopting a primarily plant based diet can positively affect one s health weight loss and even the environment Next we give readers the tools they need to get started with a detailed plan for transitioning to the diet and a must have food shopping guide We also inspire and encourage with real people s success stories and expert advice on everything from cooking for a meat loving family to eating out when following a plant based diet We end on a delicious note with 30 pages of drool worthy recipes that even self proclaimed carnivores will gobble up The Keystone Approach Rebecca Fett,2017-06-11 Healing Arthritis and Psoriasis by Restoring the Microbiome

Healthy Sleep - Defeat Fatigue Stress & Diseases Simone Janson,2025-11-17 Also in the 8th revised and improved edition published by a government funded publisher involved in EU programs and a partner of the Federal Ministry of Education you receive the concentrated expertise of renowned experts overview in the book preview embedded in an integrated knowledge system with premium content and 75% advantage At the same time you do good and support sustainable projects Because healthy sleep is next to the correct nutrition one of the most important conditions to stay healthy among other things because during sleep toxins are disposed of by the body and the immune system is strengthened But for many people good sleep is difficult Our life today is characterized by stress hectic sensory overload and constant mobility switching off and relaxing is therefore difficult for many people But sleeping pills are not the solution Mental support simple health promoting applications or the right sleeping environment can make a significant contribution to good and healthy sleep Knowledge that makes a difference With its Information on Demand concept the publisher was not only involved in an EU funded program but also received several awards So when you buy the book you are also doing good The publisher is financially and personally committed to socially relevant projects such as tree planting campaigns scholarship foundations sustainable living and many other innovative ideas The goal of providing you with the best possible content on topics such as career finance management recruiting or psychology goes far beyond the static nature of traditional books The interactive book not only imparts expert knowledge but also allows you to ask individual questions and receive personal advice In doing so expertise and technical innovation go hand in hand as we take the responsibility of delivering well researched and reliable content as well as the trust you place in us very seriously Therefore all texts are written by experts in their field Only for better accessibility of information do we rely on AI supported research results to a limited extent to make information easier to find

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Healthy Every Day Pete Evans, 2014-04-01 The bestselling paleo cookbook from award winning Australian chef and restaurateur Pete Evans with new book Eat Your Greens out soon Featuring 120 nourishing recipes Healthy Every Day makes it easy to change the way you cook and eat inspiring you to create delicious meals that will make you feel and look fantastic Pete Evans shares his favourite recipes for good health and vitality Inspired by a paleo way of eating these are the meals he cooks for his family every day featuring loads of fresh veggies nuts and seeds sustainable seafood and meat and free of gluten sugar and dairy Drawing on his love of the cuisines of Thailand Turkey Vietnam and Morocco he shows you how to make lighter healthier versions of your favourite breakfasts salads curries and burgers And while you won't find any sugar there are some delicious gluten and dairy free treats such as Young Coconut Ice Cream and Raspberry Mousse Cheesecakes This is a specially formatted fixed layout ebook that retains the look and feel of the print book

Diabetes Self-management, 2003

How to Prevent High Blood Pressure—and How to Live With It American Heart Association and American Heart Association Multicultural Markets, 2014-06-24 This is an enhanced eBook filled with ideas tips tools recipes and video instruction by celebrities like Michelle Williams Destiny's Child that will inspire and guide you get healthy and stay healthy Maintaining a healthy blood pressure is not easy We're overwhelmed with the stresses of work family and social life it's tough to make time to get exercise prepare healthy meals and take a moment to relax It's go go go That's why the American Heart Association created this book on How to Prevent High Blood Pressure It's packed with videos links to more information online tips on blood pressure facts the risk factors you CAN control recipes facts about heart disease and the benefits of healthy living and so much more So dive in We hope you love this book and keep it close as you take steps to get healthier and more powerful We also ask that you join us in sharing this book with your social networks to help other Americans stay fit and healthy We're all in this together and we're thrilled to be part of your team

Best Web Sites for Kids Trevor B. Meers, 2000

Vegetarian Times, 2010

Personal Nutrition Marie Ann Boyle, 2001 This text covers the essentials of nutrition at a basic level with little discussion of physiology or biochemistry emphasizing the practical application of nutrition principles to

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Best-Rated Health Web Sites Shannon Entin,2000 **Runner's World** ,2002 You Are What You Eat ,2022-01-06
Over 80 delicious recipes and lifestyle advice to accompany the hit new Channel 5 series **Teach Yourself the Internet in 24 Hours** Ned Snell,2002 The quick easy and fun way to learn how to use the Internet for work home or school

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