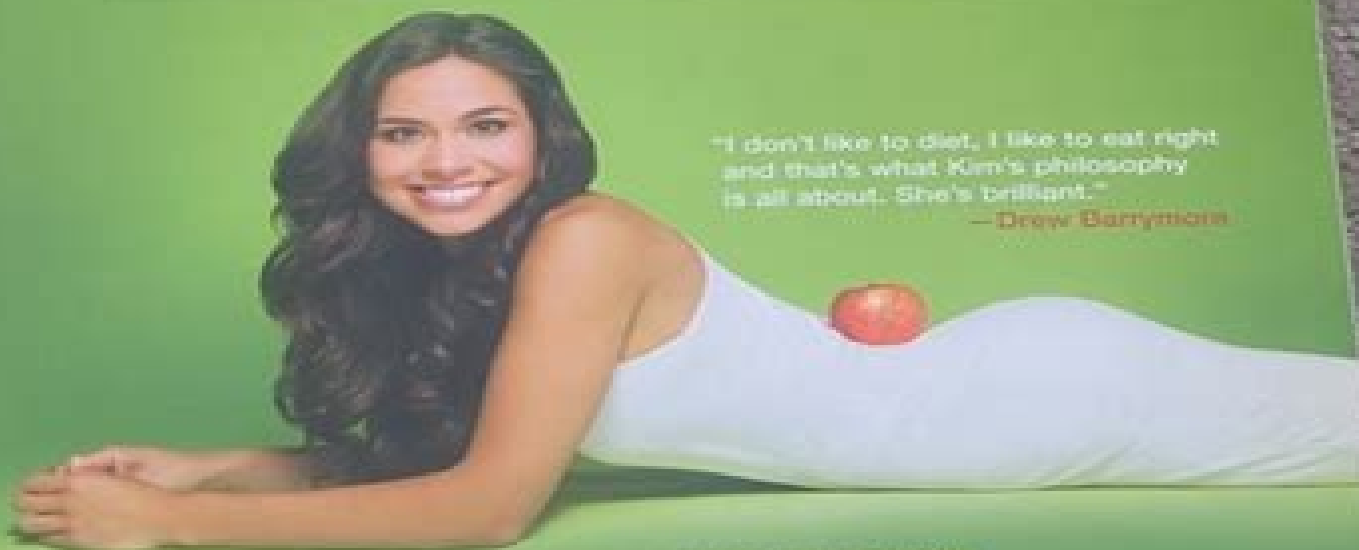


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Mary Phillips is a Holistic Health Coach certified through The Institute for Integrative Nutrition Quantum Love Laura Berman, Ph.D.,2017-02-07 Falling in love is a thrilling transcendent experience but what about staying in love Once the intense excitement of a new relationship starts to fade you may think your only options are to somehow recapture that early magic or settle for a less than fulfilling love life Now love sex and relationship expert Laura Berman Ph D taps the latest scientific and metaphysical research to offer an inspiring alternative a higher level of love beckoning you to move forward not backward Using the essential truth we've learned from the study of quantum physics the fact that at our molecular core each of us is simply a vessel of energy Dr Berman explains how you can use what's happening in your inner world to create a level of passion connection and bliss in your relationship that you've never imagined possible Drawing on her clinical practice and case studies as well as her personal journey she guides you to Plot your unique energetic frequency of love with her Quantum Lovemap Work consciously with the energy of your body heart and mind Make four key commitments designed to raise your energetic profile Bring your frequency into harmony with your partner's so that you can grow together Learn how to have Quantum Sex which is every bit as good as it sounds Quantum Love is the best possible experience of love and it's available to absolutely everyone whether you're seeking a mate in a relationship that's struggling or just finding that love has turned lackluster through the stresses of life You can't go back to the honeymoon phase but there is something so much better within your reach Quantum Love lets you reach new heights of intimacy as you gain a fuller sense of purpose in life and love

Deliciously Ella Ella Woodward,2016-02-02 From the founder of the wildly popular food blog Deliciously Ella 120 plant based dairy free and gluten free recipes with gorgeous full color photographs that capture the amazing things we can do with natural ingredients In 2011 nineteen year old Ella Woodward was diagnosed with a rare illness that left her bed ridden in chronic pain and plagued by heart palpitations and headaches When conventional medicine failed her Ella decided to change her diet She gave up meat gluten dairy sugar and anything processed and the effects were immediate her symptoms disappeared her energy returned and she was able to go off all her medication A self confessed sweet tooth Ella taught herself how to make delicious plant based meals that delight the palette and improve overall well being Deliciously Ella is an essential how to guide to clean plant based eating taking you through the best ingredients and methods for preparing easy exciting meals This is not a diet it's about creating a new mindset that embraces fantastic food From sweet potato brownies to silky chocolate mousse and roasted butternut squash risotto and homemade fries and ketchup Ella shares 100 brand new recipes and twenty classics in her signature elegant style Packed with vivid photos and simple foolproof instructions Deliciously Ella provides a foundation for a pure unprocessed unrefined diet so you can look and feel better while enjoying great food The Beauty Detox Diet Rockridge Press,2013-07-01 Nearly every time you step outside put something in your mouth or apply something to your skin you are exposing your body to toxins And although the human body can usually eliminate most of these poisons it can become overloaded leading to fatigue hormonal imbalances weight gain rashes and

serious diseases such as cancer The Beauty Detox Diet provides you with the resources you need to kick the toxin habit once and for all leaving you feeling and looking better than you have in ages With the simple and effective cleansing techniques and recipes in this book you will quickly feel the difference in your skin hair nails and with every step you take all while looking younger and healthier With the The Beauty Detox Diet you ll Feed your body clean with 75 sumptuous pure and easy to make recipes Find out if now s the time to cleanse by taking the Detox Quiz Breathe massage and exercise your way to a toxin free life Learn about common toxins and foods that naturally detoxify your body versus those that poison you Lose weight while feeling great Whether you ve tried cleansing before or you re attempting it for the first time The Beauty Detox Diet has everything you need to get clean and feel right

The Hidden Power of the Five Hearts Kimberly Snyder,2024-09-17 Are you tired of feeling overwhelmed stressed and stuck in a cycle of low energy anxiety and fear There is a powerful often overlooked solution to these challenges the hidden power within your heart For centuries ancient wisdom has recognized the heart as a power center a gateway to our highest potential Modern science now confirms that this heart brain significantly influences our physical and emotional well being as well as our perceptions and thoughts In The Hidden Power of the Five Hearts New York Times bestseller Kimberly Snyder unveils the secret to harnessing your heart s intelligence Combining ancient wisdom with cutting edge science on heart brain communication Kimberly offers transformative insights to help you deeply connect to your heart s power This essential guide will lead you through five stages to awaken the vast intelligence and power of your heart Unlocking this power can lead to extraordinary improvements in your health relationships confidence and overall peace You ll also learn the 8 minute HeartAlign Meditation proven to boost physical emotional and psychological balance by 29 percent in just four weeks Break free from overthinking embrace heart based living and experience a life of clarity flow and purpose transforming every aspect of your existence

Magical Fashionista Tess Whitehurst,2013 Teaches you how to use fashion as a magical tool to amplify your beauty and create the destiny you ve always imagined This title shows you how to select clothes shoes jewellery and other accessories that can help you look and feel your best and manifest positive life changes

Practically Healthy Dr. Turshá R. Hamilton,2014-01-27 Practically Healthy as its name implies is a manual a guide to help make improved health a practical part of your life Health should be easy Wellness should come naturally The easier it is for you to incorporate healthy habits the healthier you will become with less and less effort Dr Tursh Hamilton excerpt from Practically Healthy Quote It always seems impossible until its done Nelson Mandela

Behaviors of Change Timothy Christian,2013-04-02 Heading into his fifth year at Ball State University in 1992 the culmination of Tims lifelong dream and goal of becoming a professional football player was occurring around him Engulfed by joy and pride at what was permeating throughout his life Tim was witnessing the adage that the NFL will find you if you are worthy of becoming a professional football player At the precipice of attaining his goal life would spiral out of control His girlfriend left him his agent was backpedaling his pet would die and his bubble would burst

Everything changed Grades dropping and cutting class at twenty two Tim went from the top of the mountain to the deepest valley Stress depression despair fear and physical pain would lead him to his darkest hour Psalm 34 1819 The Lord is near to the brokenhearted and saves the crushed in spirit Many are the afflictions of the righteous but the Lord delivers him out of them all At the height of his despair in 1993 Tim did not know Jesus He had no spiritual life The fact is when we are going through times of sadness and depression and when we feel completely crushed is just when God is nearest to us The times that we think God is silent is often when He is actually closest Jack Wellman pastor of the Mulvane Brethren church in Mulvane Kansas From a lost soul laser focused on his one goal one plan to scaling the depths of all out despair Tim was about to begin the process of life altering change His mother became his angel Seeing the despair and pain and recognizing it for what it was since she had lost two brothers at young ages and a relative had committed suicide she led Tim to his knees where he could finally hear God say I am here

Almost Keto Aimee Aristotelous,2020-02-18 Included in Parade com s Best Keto Cookbooks to Add to Your Shelves 100 recipes meal plans and tactics for success Certified nutritionists and authors Aimee and Richard will teach you the healthiest and most sustainable way to enjoy the ever popular ketogenic lifestyle The Keto diet continues to grow in popularity as people across the country are learning more and more about it However there is conflicting research regarding the safety of consuming unlimited amounts of items such as bacon cheese fatty cuts of meats and fried pork rinds A large percentage of Keto dieters find the 70 80 percent fat intake requirement unsustainable and even worrisome due to potential health implications Many people are curious about the Keto lifestyle given the weight loss results they hear about from others but will not attempt the diet as the fat intake requirement sounds daunting Almost Keto will provide a formal lower fat higher fiber higher micro nutrient nutrition plan while still employing cleaner keto approved foods It will help readers yield positive weight loss and blood sugar level results while providing a more sustainable and healthier lifestyle A practical how to guide with nutrition education cited with studies Almost Keto also provides over 100 recipes that incorporate keto approved foods Nutritionist Aimee Aristotelous will teach you everything you need to know and more including Explaining the different types of Keto and the principles and foundation of the diet Niche Keto foods to know and what to eliminate Debunking mainstream dietary myths Provide sample meal plans even including vegan and plant based options How to prevent or treat Type 2 Diabetes with food Offer dozens of delicious Keto friendly recipes you ll want to try immediately

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