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Health Is Wealth: The Art of Healthy Living

By Gandy Madzalo

Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Health is wealth, without it the richest man is poor. In this book Gandy Madzalo, a Naturopathic Nutritional Therapist explains secrets of how to invest in your health. Written in a simple language are tips on how you can enjoy a quality productive life by preventing chronic and acute conditions through healthy living. Many people today are busy investing in almost everything, be it, education, infrastructure, business shares etc. But very few are investing in personal wellness. From everyday ailments such as coughs and colds that affect health and well-being, to those bigger, scarier, chronic illnesses that drain mind, body and spirit of its vitality like cancer, high blood pressure, depression, stress, gout, arthritis, low immunity etc. You will learn from the pages of this book natural solutions to reclaim your lost health and rebuilding your personal well-being. Health is treasure that many people don't realize it until the day they will lose it. We spend our time working hard day and night trying to make money, thereafter we spend all our money trying to regain our...



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Reviews

I actually started looking over this publication. It really is rally interesting through studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Dana Hintz**

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

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