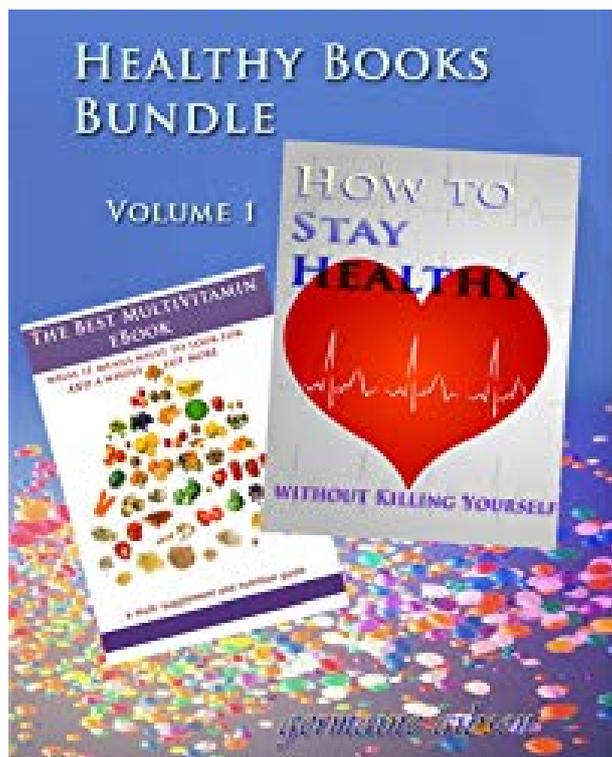


# Healthy Books Bundle Volume 1



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HOLIDAY CYBER DEAL My Two Top Health Books in one volume.

For than the price of each Volume! First Book: THE SIMPLE GUIDE TO YOUR HEALTH. The Common Sense guide. All the information you need in one place, without all the confusion and numbers and 'healthscience' you don't need It looks at 3 main areas - Nutrition, Exercise, Attitude -and describes how to get the most out of each are for you and your body to have an optimum Healthy life. All of the fundamentals you need - none of the confusion (we hope) I personally have given up on more diets and programs and fads, because, well there were always so many, and always changing, and always something that appeared to be new. I have spent years of research with the question "What are the basics? What do I really need- to have a great healthy lifestyle, without all the jumble? " I feel it is here – distilled down to Simple Steps: Diet, Nutrition, Fats, Exercise Programs, Health Clubs, Weight Loss programs, Vegetarian Diet, Vegan, etc. etc. – all the fundamental facts extracted, and explained simply. However for the more detailed oriented among you it also has (for absolutely no-charge) - Part 2 that goes into more details of those three areas, with Tons of resources and links for further reading. But if you want to have all the basics you need in one place - here it is. Just read Part 1 – you're done (as I say Part 2 is free anyway – so you are not missing anything) TWO GREAT SECTIONS: - 8 steps to a healthy life (all you really need - the rest of the book is just an explanation - but buy it anyway) And The Ultimate List –Small Steps (I love this one) This Book will answer question about best diets, best exercise, best nutrition. The point of the book is it's a guide, read it, absorb the simple steps and you will be able to make clear decisions on the steps to take (and the steps to avoid) for a healthy lifestyle for you and your family . In the Health and Wellness business there is always 'new' information coming out, and

conflicting information that says what they just said wasn't true. In terms of the simple aspects of a healthy life – the basics never change – and that's what I have put into this Book. The basics that never change and are always the best simple steps to take **SECOND BOOK BEST MULTIVITAMIN EBOOK** A multi-supplement and nutrition guide in 80 pages (give or take). What's a multivitamin? What is a good multivitamin for you? How do you make the choice? This mini guide answers all the basic questions about vitamins and multivitamins, and more if you need. Part of Simple Steps to Health Guide - so all the information is covered, in a clear and concise (that is understandable to you and even me) way Included" Most asked questions" section:- 'What are the long terms effects of taking a multivitamin every day ?' 'Can you Overdose?' 'What is Better – Liquid or Tablets for the Multivitamin?' 'What Vitamins should I take if I am Pregnant?' 'What Vitamins are good for young Children?' 'Will I lose weight if I take vitamins?' 'How much should I spend to get the biggest benefits?' etc And for those who want to dig deeper, a large resource section, and concise information on all the Minerals, Vitamins, Herbs, Antioxidents and Phytonutrients that are discussed in all the health manuals Includes downloadable, printable charts and reference guides- for those that like downloadable,printable charts and reference guides.