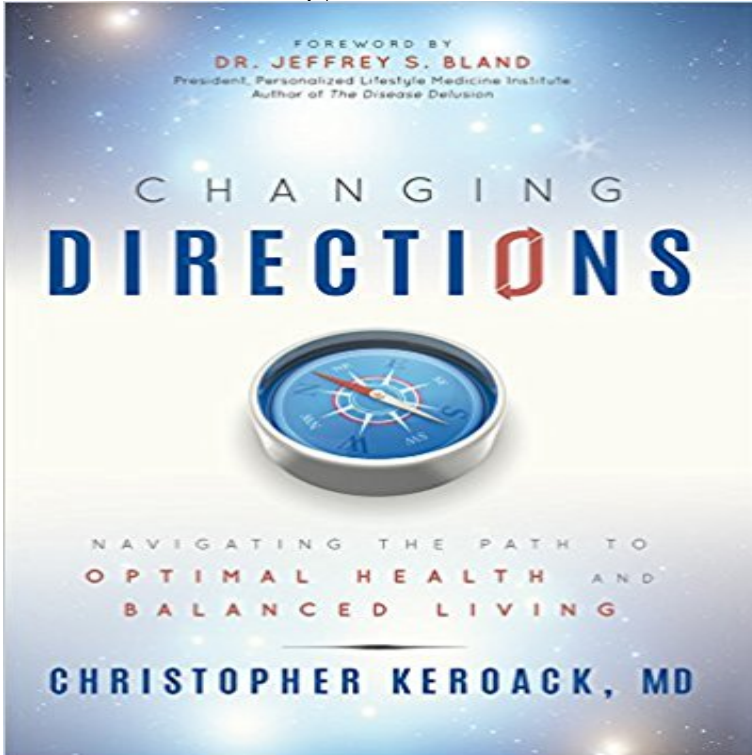


Changing Directions: Navigating The Path To Optimal Health And Balanced Living



TURN YOUR HEALTH AROUND
If you have realized it's time for a change—a change affecting your health and vitality as a human being—then you have picked up the right book. You have taken those critical first steps in identifying the need for a change, and Christopher Keroack, MD, is here to assist you on your journey to optimal health. Learn how to achieve wellness from the inside out in **CHANGING DIRECTIONS**. Within the pages of this book, you will learn to: Understand the balance of key factors related to foundational health. Navigate the world of nutrition and supplements. Plan meals that improve health. Improve eating habits and digestion. Reduce stress and improve sleep. Dr. Keroack provides the information you need to begin the transition to a healthier, happier you. Now, it is up to you to turn around ... and **CHANGE DIRECTIONS!**

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