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REPROGRAM YOUR LIFE: A PERSONAL GUIDE TO EMPOWER YOUR MIND, ENERGIZE YOUR BODY, AND REVERSE CHRONIC DISORDERS (PAPERBACK)

Reprogram Your Life Empower your Mind, Energize your Body, and Reverse Chronic Disorders Siham Khalili, PhD, RD

Createspace, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This book offers a comprehensive approach to taking charge of your own health and living a vibrant disease-free life. It demonstrates how to reprogram our metabolism through a new set of mental and physical habits according to two main principles drawn from the sciences of biochemistry, nutrition, physiology, endocrinology, neurology and psychology. (1) Chronic disorders of obesity, diabetes,...

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- Authored by Siham Khalili
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