



Never Get Sick again

Mr jay s simms

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What's being taught most times on the subject of health is correct. However all the thinking, key's and what to do's about health is totally different from book to book teacher to teacher. I said to myself that there has got to be a better faster way to understand what to do and how to do it. I looked and asked questions and not once has the basic answers came from the same source or been in the same place at once. I wanted to find that one book, teacher, instructor or Guru that was short quick and to the point telling me how to get there without all the extra mind games or clubs to join. I really, really wanted a book that had all the major key components to good health in it. I understand the wealth of information out there can be overwhelming and no one book can hold it all. The research, testing and checking the source or just the going through all the information can take years. (and it did). I believed that such a book on health had to have a basic formula that should be simple to understand and follow. With a clear understanding of the basic formula I believe mastering it step- by-step, making it a part of who you are in your daily life will help you become the healthiest person you can be. What I wanted this book to offer was just the scientifically proven, time tested, 100% real information that has been researched, confirmed and has been in use for hundreds if not thousands of years helping people to attain & maintain a happy healthy body and mind. That is the only reason I created this book. Everything in this book I have physically done and still do to this very day. I want to encourage everyone who reads this book and use this information wisely. Share it with your loved ones, friends and the people around you who are looking for a different path to having a healthier life. In my opinion it doesn't matter how old or young you are, or what physical condition your body is currently in at this point in time. All that matters is you can still make change in your life for the better starting right where you are. The choice is yours alone. This book is just another way to get to ROME.

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Francis Garcia:

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Patrick Richards:

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Catherine Mejia:

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