

Nutrition, Lifestyle, Exercise & Supplements

THE POWER OF 4



Your ultimate guide guaranteed
to change your body and
transform your life

PAULA OWENS

#1 Best Seller ★★★★★

Paula Owens

The Power of 4: Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life



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P margin-bottom: 0.08in; THE POWER OF 4 is a must read to experience your highest degree of health, and look and feel your best ever. The four powers include nutrition, lifestyle, exercise and health supplements. Every week the reader provides two much healthier habits. I recommend THE ENERGY of 4 to my new patients in order to empower them to experience better as quickly as possible. Among the author'THE ENERGY of 4 is a very informative book on how to get around the challenges that are associated with today' Eidenier Jr. * Winning the battle on adrenal fatigue* Tips to manage stress* How exactly to switch your thought process* Overcoming insomnia* Identifying and curing digestive problems* The top supplements for optimal wellness* Affirmations to achieve a existence you'll love * The importance of the breath and healing therapies* The best exercises for weight loss, hormone balance and a healthy body* Ingredients in order to avoid for health, vitality, longevity and fat loss* Natural modalities for aging very well and eliminating common health complaints

REVIEWS"Possibly the most remarkable thing on the subject of Paula's book is that it took so long for someone to transpire all this information to talk about with the public," stated Harry O. Discover wellness, vitality, longevity and fat loss secrets in The Power of 4:* Natural hormone balancing What YOUR PHYSICIAN May Not INFORM YOU OF Hypertension" ~Tag Houston, MD MS FACP FAHA Author " Her study and experience gives unique insight that motivates someone to recapture their optimal wellness.I sincerely believe this publication ought to be used as a text in any institution of higher learning where in fact the pupil is pursuing a level in nutrition, exercise physiology or dietetics.D. "If you want practical, scientific and up-to-date information that will transform your health as well as your lifestyle, then add this incredible publication by Paula Owens to your individual library. "D., Ph."The Power of 4 provides truthful solutions for well-being, weight loss and total health." ~Eric Serrano, M." Steve Osterhout, D. These small adjustments generate long-term transformation to become the healthiest edition of yourself.s lifestyles. Paula provides insight, experience, and possibilities to create better wellness. "s secrets for permanent weight loss, reversing and preventing disease and achieving life-long wellness is to implement two healthy changes every week." ~Dr. Serrano Family members Practice "C. Specialized Family Chiropractic, Kalamazoo, MI



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Recalibrating your daily life and body I read this reserve as a companion browse to Paula Owens' Fat Loss Revolution. Her apparent, concise, expertise can be an absolute no-brainer! Every page offers new valuable information. It addresses every part to achieve a healthy lifestyle. No excuses. You won't be disappointed. Consider responsibility and personal what I really do to my body each day when I eat crappy foods, don't exercise, don't drink water, do not get more than enough rest, on and on and on. Contained herein will be the tools, guidelines, and practical guidance needed to commit and commence living a wholesome lifestyle. "This one works folks". Delivers a huge amount of helpful, healthy, lifestyle changing details. During two of these years when I lived in Arizona, I had the good fortune to actually possess her as my own trainer/fitness trainer...you've seen 'em before! Paula has continuing to evolve in the region of fitness and well-being and she is very passionate, committed and takes her personal advice. terrible writing. Believe me, it takes a lot more than just counting calories and carbs to accomplish a self body makeover. It takes an overhaul of the mind and spirit aswell. Fortunately, Paula's book goes light years outside of typical pounds loss fodder and addresses, in plain English, a step by step arrange for achieving safe fat loss and a genuine transformation of the idea process surrounding the easy yet highly misunderstood act of putting "fuel" in your tank. Pauls sifts through various dieting and food "myths" to provide the reader with a total understanding of just what it requires to accomplish a task that eludes many... I've given friends this book several times. Paula has found a way to effectively deliver the most details and as efficient as one possibly could.. One change I made: Each morning, I drink 8oz of room temp water with one entire squeezed lemon and a pinch of Celtic ocean salt in it - Personally i think dropped without this and I really believe this one habit has been imperative to my general well-being and capability to maintain my weight. Totally Groundbreaking! Look into the mirror. Understand this life changing guidebook to a fresh life now! Strongly suggested! Or I will adopt fresh promises as Personally i think ready. awful writing. Do yourself and your family an enormous favor, read and research THE ENERGY of 4! I was amazed at how much details is packed into this reserve. You can spend years trying to research all the different issues or just spend a few hours with Ms Owens' book. In this reserve, Paula defined Holistic wellness as "a way of living that requires you to be a dynamic participant acquiring control and responsibility of varied aspects of your daily life" (p. And her holistic, common sense strategy will be why is implementing a plan of attack so doable and effective for you. A publication on healthy living like no additional! AMAZING insights; I've seen 'em before. All the excellent knowledge and insight Paula offered if you ask me then is right here, and also a whole lot more. Hundreds of so-called diet plan publications "guaranteed" to help you loose fat and keep it off. Great Informative Book This is an excellent book. Personally i think confident following her assistance about vitamins and health supplements and made changes in my own routine which have positively impacted my own body. Done well Paula! And as much as I can say approximately what's in the book, I also love how it is organized. It is certainly perfect for bookmarking, making notes and referring back again to as you start to incorporate her suggestions into your life. The information about allergens and what to watch out for in beauty products and other chemicals you placed on (and in) the body is wonderful. Excellent guide and motivational tool if you want to take charge of your health and well-being The information in this book is well-presented and inspirational - it's a wealth of great information. I love the way she will sum up a list of what to either quit or adopt when it comes to supplements, healthy food options, habits and other way of life choices. la complete transformation of body, mind and soul. Though I examine it a year ago, I use it often to remind

myself to stick to the choices I have made in regards to my diet plan and well-being. I strength train and do yoga exercises.. Changing bad habits is not easy, therefore i recommend attending one of Paula's seminars if you can - it will jump start the commitment you should make to yourself. You can join her Facebook web page and detect news letters or check out her site for more info. I have lost 6 pounds since twelve months ago and have kept it off. My belly is finally flatter :). I have more energy and am in a position to excel at my wintertime hobby of downhill skiing where I was huffing and puffing and sore before. Some habits are just so easy to adopt. I am 54 but I feel 34 and I think it shows :). I'd say that book and it's really message is definitely life-changing in the perfect way. Good luck together with your goals. Paula's book may be the most comprehensive and well organized book I have continue reading the subject of body health insurance and balance and I have read my share. Gulp. It truly has the power to switch your daily life and the potential health insurance and prosperity of your family. I have read other nutrition/lifestyle books that appear to repeat alot of their info to fill the pages. Not with this book. 3). I like to reread this book in order to remember the need for everything she talks about. I also liked how she started each chapter with another quote from a famous person. I found Paula Owens online while googling my critical and immediate health needs. If you enjoy reading these types of books as I really do, taking care of your health and wish to accomplish everything you can to become healthier person this is a must read. I have known Paula for about 13 years.John Wegner (johnnyone) UTILIZE THE Power of 4 to power your daily life to new heights The information that Ms Owens introduces is just what a lot of people are desperately looking for today. I browse it in one weekend. The sad thing is, virtually none of them cope with the dynamics of the mind and soul along the way. Actually, the most severe writing I've ever noticed. If this woman gets an editor (or better yet--a ghost writer) for her next book, it might REALLY be worth reading!! I was really happy with this book. I can't say enough about this reserve. I benefitted so very much from this book, I might purchase copies for family and friends because it was Very useful to my health insurance and my family's health. AMAZING insights; The bottom line is. I'm so glad I purchased this book, it offers helped me a great deal and I maintain it for reference. I find Paula to become very generous in her posting this much information in this one book.



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