

Loving Yourself to
GREAT
HEALTH

Thoughts & Food—the Ultimate Diet



LOUISE HAY
AHLEA KHADRO
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Louise Hay and

Loving Yourself to Great Health: Thoughts & Food?The Ultimate Diet



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For decades, best-selling author Louise Hay has transformed people's tap into the secrets Louise provides used for many years to supercharge the effectiveness of affirmations and provide your body back again into alignment together with your mind; Right now in this tour de power, Louise teams up with her go-to natural health and nutrition experts, Ahlea Khadro and Heather Dane, to reveal the other side of her secret to health, happiness, and longevity: living a nutrient-rich life. Unlike any health book you've ever read, this work transcends fads, trends, and dogma to bring you a simple yet profound system to heal your body, mind, and spirit that's as gentle as changing the way you think. uncover what nutrition actually means and how exactly to slice through the dilemma about which diets really work; In Loving Yourself to Great Health, you will; lives by teaching them to forget about limiting beliefs. Louise, Ahlea, and Heather demonstrate how exactly to take your health, your moods, as well as your energy to the next level. learn to hear the stories your body is wanting to reveal; and uncover approaches for longevity, vitality, great moods, deep intuition, and for conference your body' We invite you to join us on an amazing journey which will turn your daily life into your biggest love story. At 88 years of age, Louise has very much wisdom to talk about about what it requires to live an extended, happy, healthy life.s unique healing requirements at all phases of life.



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