

Health, Vitality, Longevity and Fat Loss

THE POWER OF 4

A woman with blonde hair, wearing a blue sleeveless dress, stands with her hands on her hips, smiling. She is positioned on the right side of the cover, partially overlapping the title text.

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

PAULA OWENS

Master of Holistic Nutrition - Professional Fitness Expert - Lifestyle Coach

Paula Owens

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



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THE POWER OF 4 provides necessary information on digestive wellness, hormonal balance, the best exercise for fat loss, anti-aging secrets, recommended blood labs, stress busters, substitute healing modalities, foods to consume for vitality and longevity, the reality about soy plus much more! The reader is given a no-fail remedy toward attaining optimal health by selecting two "Winning Formulas" each week for nutrition, way of life, workout and supplementation. This readable and understand publication begins with a detailed explanation of holistic wellness. THE POWER OF 4 empowers the reader with the everything they have to understand to live a lifestyle of health, vitality, longevity and contentment. THE ENERGY OF 4 is loaded with innovative info on holistic nutrition, way of life, exercise and supplementation predicated on scientific analysis and the authors' twenty-five years of encounter.



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Recalibrating your life and body I read this reserve as a companion read to Paula Owens' **WEIGHT LOSS Revolution**. Paula's book is the most comprehensive and well organized book I have read on the main topic of body health and balance and I have read my share.. This book is life-changing. Five Stars Great book / good ideas!. The info about allergens and what to look out for in cosmetics and other substances you put on (and in) the body is fantastic. Contained herein are the tools, suggestions, and practical guidance had a need to commit and begin living a wholesome lifestyle. Totally Groundbreaking!! I've seen 'em before.. Look into the mirror.you've seen 'em before! Hundreds of so-called diet plan publications "guaranteed" to assist you loose excess weight and keep it off. The sad factor is, virtually non-e of them deal with the dynamics of your brain and soul in the process. Believe me, it requires a lot more than just counting calories and carbs to do a self body makeover.. I discover Paula to be extremely generous in her sharing this much details in this one publication. Pauls sifts through various dieting and food "myths" to supply the reader with a comprehensive knowledge of just what it takes to accomplish an activity that eludes many. It requires an overhaul of your brain and spirit aswell..a complete transformation of body, mind and soul. I learned therefore much. 3).. "This one works people". And with the holiday season nearby, what better present for friends and family and loved ones compared to the gift of a healthy body. Understand this life changing guide to a fresh life now!Strongly suggested! If you enjoy reading these types of books as I do, taking treatment of your health and wish to accomplish everything you can to become healthier person that is a must examine. I've given friends this reserve several times. Do yourself and your family a huge favor, read and study **The Power of 4!** During two of those years when I lived in Arizona, I experienced the good fortune to actually have her as my own trainer/fitness trainer.. Her clear, concise, knowledge is an absolute no-brainer! Great book! A book on healthy living like no additional! I've known Paula for about 13 years. It truly gets the power to change your daily life and the potential health and prosperity of your family. All the excellent understanding and insight Paula offered to me then is here, plus a whole lot more. Paula has continuing to evolve in the region of fitness and well-being and she is very passionate, committed and requires her very own advice. In this reserve, Paula defined Holistic health as "a way of life that requires you to be a dynamic participant taking control and responsibility of various aspects of your daily life" (p. Personally i think confident following her suggestions about vitamins and supplements and made changes in my routine that have positively impacted my own body. Take responsibility and very own what I really do to my body each day when I consume crappy foods, don't exercise, don't drink water, do not get enough rest, on and on and on. Can't go wong with Paula Owens For anyone who suffers from Thyroid, you understand that a few of the symptoms you suffer are chronic fatigue, hair thinning, imbalance hormones, weight gain, cold feet, panic attacks, etc. It is usually perfect for bookmarking, making notes and referring back again to as you begin to incorporate her suggestions into your daily life.Well done Paula! Astounding insights; Though I examine it this past year, I use it often to remind myself to stick with the choices I have made in regards to my diet plan and well-being. Or I will adopt fresh promises as I feel ready.John Wegner (johnnyone) **UTILIZE THE Power of 4** to power your life to new heights The information that Ms Owens introduces is just what so many people are desperately looking for today. I like just how she will summarize a list of things to either quit or adopt when it comes to supplements, healthy food choices, habits and various other lifestyle choices. Her course of action to repair my gut got some willpower but it was i'm all over this. One change I made: Every morning, I drink 8oz of space temp drinking water with one entire squeezed lemon and a pinch of Celtic ocean salt in it - I feel lost without this and I believe this one habit offers been

imperative to my general well-being and capability to maintain my weight. Changing negative traits is not easy, so I recommend attending among Paula's seminars if you can - it will jump start the dedication you have to make to yourself. It is possible to join her Facebook web page and detect news letters or visit her website for more info. I've lost 6 lbs since twelve months ago and have held it off. My abdomen 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. I strength train and do yoga exercises. I am 54 but Personally i think 34 and I think it shows :). I'd say that this book and it's message is normally life-changing in the perfect way.. Great Informative Book This is an excellent book. I have more endurance during my workout and my cravings for carbs and sugars possess subsided tremendously. I was surprised at how much info is loaded into this publication. Her suggestions are self-explanatory and clear to see. Not so with this reserve. Every page has new valuable information. I love to reread this book in order to remember the significance of everything she discusses. I also appreciated how she began each chapter with a relevant quote from a popular person. I can't say enough concerning this book.!

AMAZING insights; awful writing. Exceptional 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'm so glad I purchased this publication, it provides helped me a great deal and I maintain it for reference. In fact, the worst writing I've ever seen. If this girl gets an editor (or better yet--a ghost writer) for her next book, it might REALLY be worthy of reading! Delivers a ton of helpful, healthy, life changing information. I was really happy with this book. I came across Paula Owens online while googling my serious and immediate health requirements. I benefitted so very much from this book, I would purchase copies for family and friends because it was Very useful to my health and my family's wellness. I examine it in one weekend. Very eye-opening Great book! awful writing. Thankfully, Paula's book goes light years over and above typical weight loss fodder and addresses, in plain English, a step by step plan for achieving safe weight reduction and a genuine transformation of the idea process surrounding the simple yet extremely misunderstood act of putting "fuel" in your tank. I have experienced firsthand the energy of her teachings. The end result is. 5 STAR FOR SURE!

Great insights into how exactly to be healthier! two hours of the day wasted. Paula's publication is easy to read and points out some important changes in lifestyle that can be implemented to create a pathway back again to wellness! Gulp. A must-have to learn how . You can spend years trying to research all of the different issues or simply spend a couple of hours with Ms Owens' book. All the best with your goals. This book is life-changing. A must-have to learn how nutrition, lifestyle, exercise and supplements will help you live vibrantly and optimally. No excuses. And her holistic, good sense approach will be what makes implementing a plan of attack therefore doable and effective for you personally. Paula has found a way to successfully deliver the most information so when efficient as you possibly could. Very eye-opening! I found Paula with gastrointestinal problems. These were problems that mainstream doctors couldn't explain nor fix. Some habits are just so easy to adopt. Despite being truly a fitness and health junky, I came across I had much more to learn about meals in reading Paula's book. I have read other nutrition/life-style books that seem to repeat a lot of their information to fill the pages. The real problem remains in your capability to follow them. Paula actually knows her stuff! Five Stars Love, love, love this publication. With Paula's help as well as your own personal commitment, I guarantee you will see improvements both actually and mentally! I want I knew these details 40 years ago. THE ENERGY of Four is an excellent book! It's a straightforward read that gets to the point. Two hours later, I'd prepare yourself to attack my work . You will NOT become

disappointed. Everyone can reap the benefits of reading this book! And as much as I could say approximately what's in the publication, I also love how it really is organized. Everyday I'd plan out my days and move on to work early because of the amount of work I had. But it do me no good to reach early because the moment I would make it happen my persistent fatigue would hit me and all I would do was sit in my seat and rest because I could not function. If you follow the few easy steps Paula suggests, you can be feeling great and searching amazing! . . THE ENERGY of 4 and Paula Owens have provided my wife with new insights into why she hasn't felt good for years. Since reading this book and doing since it instructs my entire life has changed. I found the primary cause of my issue and am on the path to recovery. I look very different from when I first began reading this book. My inflammation went down the initial week of trying among her recommendations, my excess weight started to come off, my chronic fatigue is nearly non existent, my anxiety attacks have subsided, I still slightly get anxiety attacks when I am generating but not as bad as before, my feet are still cold but not as much as before. It addresses every aspect to achieve a wholesome lifestyle. NUTRITION



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