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"THIS BOOK LITERALLY IS LIFE TRANSFORMING"
- foreword by Loretta Stouffer

THE **BIG** **PRESCRIPTION**

Balancing The Three Principles
OF ENDURING HEALTH

DR. SHAN HUSSAIN

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The Big Prescription: Balancing The Three Principles Of Enduring Health



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Start Your Journey to Finish Well-BeingHealth is so much more compared to the absence of disease. .”How carry out we achieve such high levels of health? Well, there are several simple things we are able to do every time to improve our own health normally, without supplements, potions, or doctors. In The Big Prescription, we learn how lifestyle elements can donate to our health and how we can easily adapt these to greatly help:•lose excess weight•eliminate stress•improve self-confidence and self-esteem•sleep well•have more energy•improve relationshipsAnd so much more . In fact, based on the World Health Firm, true health is defined as “a state of total physical, mental, and sociable well-being.Discover balance.Discover complete well-being. .



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