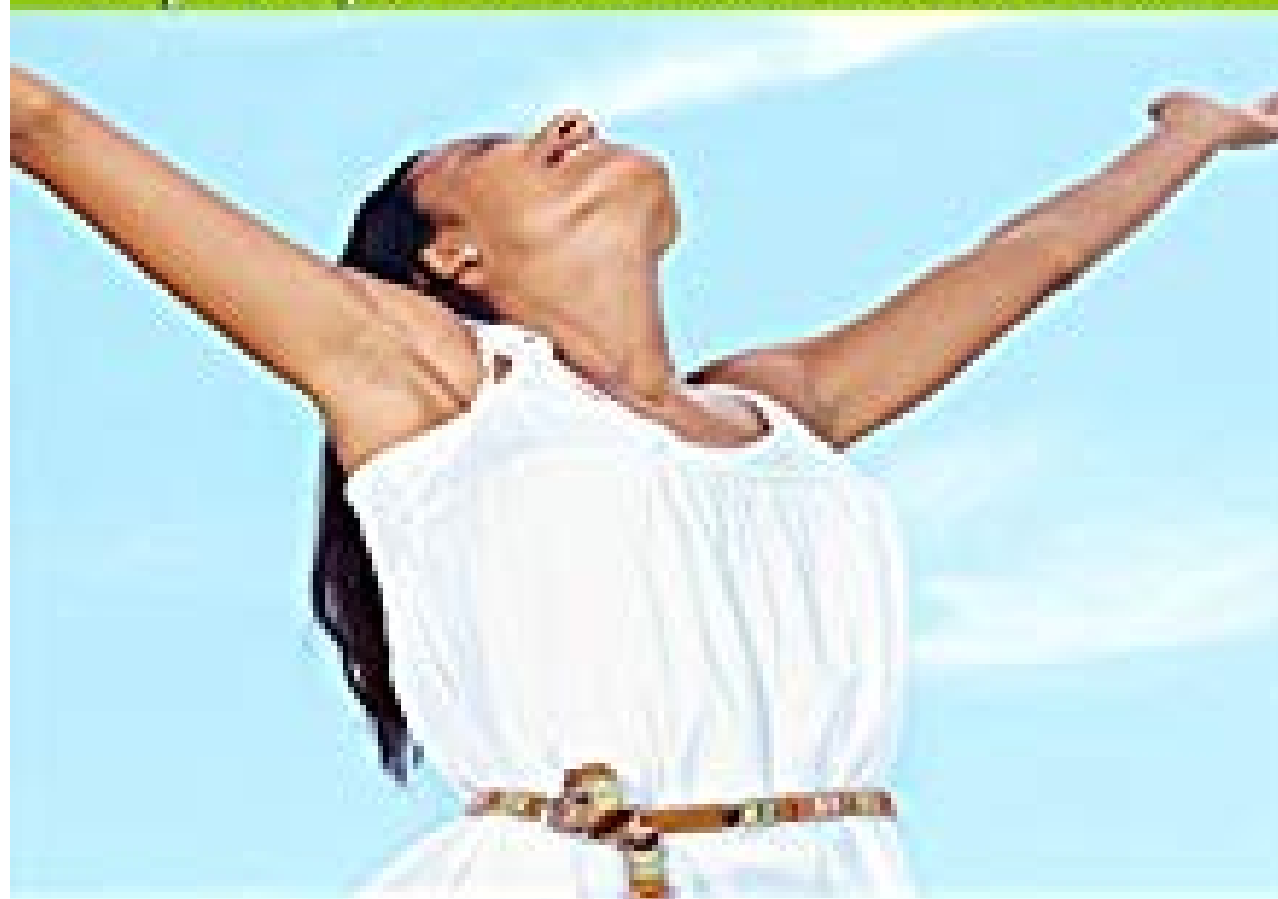


*The*

*A True Story*

# 180° Wellness REvolution

*Simple Steps To Prevent and Reverse Illness*



**Tara L. Gesling**

Tara L. Gesling

## The 180 Degree Wellness Revolution: Simple Steps To Prevent and Reverse Illness



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ARE YOU TAUGHT TO BELIEVE A DIAGNOSIS IS INEVITABLY THE FINISH OF THE LINE? ARE YOU SICK AND TIRED OF DIETING AND HEARING Professionals SAY IT'S BECAUSE YOU'RE LAZY AND DO NOT DIET More than enough THAT YOU CAN'T LOSE Pounds AND KEEP IT OFF? Have you been told "We don't know what is causing your illness, but we have a pill you can take for a life time" It will instruct you as you discover your personal way to wellness. Do you think all food is the same and has little or no effect on health? Do you question why more and more people are sick? She is the founder of Cultivating Health, LLC. The 180 Degree Wellness Revolution includes the story of Tara's go back to health. It's not only deeply inspirational, nonetheless it contains a goldmine of details gathered on her journey...[it] gets right to the center of the problems." But best of all, the reader will know they can do it too! It provides the background, the research, and the inspiration that may place anyone on a path to prevention and recovery. \* Learn how to listen to what the body may be telling you through symptoms. At age 28, Tara was disabled. \* Learn developing health, seek out root causes of illness and empower you to ultimately have a fantastic life. The medical program offered medicines to mask her symptoms. Unfortunately, the medications created even more symptoms. Devastated, and resigned to her fate, Tara by no means imagined the gift she had been offered. Through the years, Tara's self-uncovered and self-guided process provided help to rebuild her wellness, reverse many symptoms and ditch the wheelchair. This book was written to provide the resources that Tara wished she could have had over twenty years ago when she first began dealing with chronic disease. From the depths of despair she was inspired to accomplish her own research- to take charge of her personal circumstances also to find her personal way out. Tara Gesling is a sought after food and wellness educator, holistic organic gardening professional, author and motivational speaker with more than 25 years' experience in health and fitness. \* Learn how to build a support team around you, making rough days easier. The 180 Degree Wellness Revolution can help you listen to your symptoms also to your heart. It will offer you insight into ways to prevent or uncover the root factors behind chronic disease and feel much better. \* Learn to ask the right questions. Tara shares her discoveries, her analysis and the encounters that brought her back to a joyful and fulfilling existence. Sharyn Wynters, Internationally recognized naturopath and author of The Pure Treat. Diagnosed with past due stage Reflex Sympathetic Dystrophy, Chronic Discomfort Syndrome, Autoimmune Thyroid Disease, Fibromyalgia, Arthritis and Chronic Exhaustion, Tara was wheelchair dependant for almost 5 years with small expected recovery. \* Feel comfortable in your ability to take charge of your health care decisions. \* There are several opportunities for healing and bringing quality back into our lives, we need to know how to access and implement them. \* Look at the functional approach to nutrition, which explains to build health by correcting dysfunction and imbalance by selecting and healing root factors behind illness. Thus began her trip from despondency to triumph. She actually is a good example of the healing that is possible whenever a person begins to address the primary cause(s) of disease. She is a graduate of the Institute for Integrative Nourishment and a qualified health coach, drugless practitioner, grasp gardener, permaculture consultant and happens to be completing training as a Functional Diagnostic Nutritionist. "



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REAL DEAL. No one doesn't just like a personal success story Tara uses the news about health that zero ONE wants to hear & I've explored many authors and avenues, seeking information about my RA medical diagnosis at the ripe old age of 29. I utilized to teach Weston A. This work is unsuspecting. I got explored everything, GAPS diet plan, Specific carbohydrate diet plan, etc. We've walked an identical journey of illness to triumph and so I have such deep admiration on her behalf and her function, including this book... Very easy to learn and a strategy to get you back again . I am SO pleased Tara Gesling made the choice to share her story in such a personal matter departing those who may be discouraged or without power or hope, ready to take control of their own lives! She gets to the underlying psychological roots, environmental toxins, etc. And I really wanted to not give it 5 celebrities because it just didn't help me at all. Reading her book is like hearing a person in everyday conversation. Just what a wonderful author! What a timely and essential book! Cost classes on fermented foods and traditional diet programs. I have been reading self-help books such as this for decades and also have probably read over a hundred of them. It isn't on Dr. Many thanks, Tara, for sharing your story and your thoughtful approach to healing! I'm writing this review because people have to check this one out. I experienced the good fortune to meet up Gesling food shopping and was inspired to check out her book.. Such a robust, encouraging, and influential book! If you ever had a doctor say you are not sick because your exams are normal nevertheless, you know your symptoms are true, you NEED to learn this book. life style, certainly I could adopt it for ultimate health. The author shares her own trip back to real health and addresses symptoms, causes, how what we fuel and surround our bodies with affect our health, what helps to keep us in the same kind of patterns, and then she tells us what we can do to achieve maximum health. This book is a genuine inspiration! Thoughtful and thought-provoking I actually greatly enjoyed reading Tara Gesling's "180 Degree Wellness Revolution". Actually I gave my duplicate to somebody and bought a different one for me to keep as a reference. Support local farms." It is not only a good source of informations but also a inspiration to change our daily habbits. I found this book here on amazon when searching about thyroid complications. I've no idea how I came across it but I am therefore happy because I learned a lot of stuff about just how this new generation got use to consume so much chemical but still think that it's regular. I highly recommend this book! At the end of the publication, Tara leaves the reader with a plan to get started the new path to curing and wellbeing. Invest in your health NOW ! Great publication and really inspiring to anyone who would like a big change within their life ! I would recommend this reserve to anyone who wants to improve their wellness daily ! I recommend this book. I learned so very much from reading it. I really like her suggestion to learn to start questioning and actually take ownership of your own wellness, recognizing that doctors, as well, are only human and do not know everything, rather than all take the same approach. I have my own health concerns that doctors hardly understand and want to cope with just by treating the symptoms. Reading this is an excellent nudge to obtain me to look deeper, not only accept that I must live with it. Oz, yet. I really didn't want to give this 5 stars I didn't learn something from this reserve.! And. I am well on my way towards a more healthy, whole life! She gives us the present of her story so that we can find out both what she believes plays a part in chronic disease, and also, the incentive to help make the switch ourself. And, I have been reading some good ones recently, just like the Autoimmune Fix, Grain Human brain, Wheat Stomach, No Grain No Discomfort, and several others. She is inspiring a wellness REvolution in all of us. Very inspiring!! This book is very inspiring. I was deeply impressed by the story of the writer: Through study and personal encounters she discovered her method to healing and to enjoying life! Tara Long Gesling motivates her visitors, especially those who are fighting chronic

disease, to start out to reclaim their lives, their health insurance and their happiness. Lots of enlightening information about the bond nutrition and healthful growing methods of our foods!!! If She Could Do It, So MAY I I really like this book; I love this author. Her story and her function are amazing. A Better / Healthier Life Loved the book -- reading it currently for the next time. I can't imagine anyone not valuing from her courage and her wisdom. I discovered so much about self-recovery and how I can help myself heal my problem areas. This book is crucial! I had the pleasure of meeting Tara at a publication signing event before I even knew she was a functional nutrition practitioner, like me.. Such a powerful, encouraging, and influential book! Tara provides the framework for recovery in a comprehensive, but approachable method. She explores autoimmunity beyond the surface problems of gluten and leaky gut, and does chronic illness patients a huge service in doing this! She is an inspiration and much required in the wellness community. Met and spoke to Tara Gesling and she has the knowledge to place it all collectively. I have already been trying to become healthier and more powerful since an accident and although I am definitely relocating the proper direction, I don't have the knowledge to know what steps / food / vitamin supplements to take to get to complete maximization of a far more healthy (mentally and physically) life. I am excited to really have the opportunity to work one on one with this inspiring person. Janet Excellent book! Tara's life experience is very inspiring, and her many years of research are directly on! Just take enough time to look at ingredients behind every commercial food that you take in daily and we clearly see that something is usually wrong! Inspiration for anyone that needs to know recovery is possible. She has an extraordinary body of understanding, and communicates in language the lay person understands. It isn't costly nor does it come with a glam shiny cover. I completely love the connections that Tara makes to the many environmental, nutritional and emotional conditions that plague us today. This reserve dwells in comparison to all of those. helps it be believable and do able. This is an amazing book! I learned therefore much from reading it This is an incredible book! I found her personal tale inspiring and hopeful, since far too often we're taught to trust that what we're identified as having defines us and will never transformation. I am permanently thankful to Tara for putting so much thought and energy into writing this book so we can all live healthier lives. Five Stars Amazing book full of great ideas to change your life. Just ok...was really hoping for more to help my chronic fatigue. Nothing I couldn't have gotten from research on the web. I do like her display of information and will try a few of her suggestions. Very easy to read and a plan to get you back on the road to recovery just when you have given up hope. In "The 180 ... This book is a true inspiration! In "The 180 Wellness REvolution", Tara L Gesling not merely tells her personal story, but guides the reader ways to get through tough times and transform disease into wellness. She gives specific tools and concepts how to overcome illness with a positive attitude, understanding, and support system. We support all those big brands offering those cheap foods. Tara Gesling may be the real offer. But, it is well crafted and for somebody who knows nothing at all about modern health, it could probably help them. No-one doesn't like a personal achievement story. That one is informed well with researched information backing it up and in a layman's language. It leaves the reader convinced that "if she can invert devastating disease with the dietary plan & For those who have had your physician prescribe a pill for your symptoms but didn't give you a plan to correct the trigger, you NEED to read this book. This is such a great book!



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