



Stop Stressing Me Out: 7 Solutions to Overcome Overwhelm Conquer Disease Naturally

By Dr Lisa Lewis

Dr Lisa Lewis. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Stop Stress from Causing Disease in Your Life Do you personify the words stressed out Do you have a challenging career, endless family responsibilities, and barely any time for yourself Do you have a stress-related chronic disease like diabetes, obesity, high blood pressure or female health challenges Can you remember the last time youve been on vacation Stop Stressing Me Out is for anyone who is currently experiencing stress in their life or has experienced prolonged periods of chronic stress. If you are suffering from Chronic Diseases such as: Hypertension, Diabetes, Anxiety, Fatigue, Depression, Insomnia (sleep disorders), Weight gain Obesity, Allergies, Asthma, Migraines, Cardiovascular diseases, digestive problems, this book is for you. You may have Skin Disorders or Hormonal Imbalances. You may be a woman suffering from disorders, including but not limited to Infertility, PMS, Fibroids, Menstrual Disorders, Hot Flashes. You may have male health challenges or prostate disease. If you have aches and pains, arthritis, inflammation, autoimmune disorders, etc. , treating your stress is essential. The natural solutions detailed in this book include: Therapeutic Nutrition, Dietary Counseling, Herbal Medicine, Acupuncture and Chinese Herbal Medicine, Detoxification...



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Reviews

It is simple in go through preferable to comprehend. It is full of wisdom and knowledge It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Leif Predovic**

It in a of my personal favorite book. It is writter in easy terms and never hard to understand. Its been designed in an exceedingly easy way and it is only after i finished reading this publication by which in fact changed me, change the way i think.

-- **Lucinda Stiedemann**