



# Practical Natural Healing Tips for Vibrant Living (Instant Insights)

*Leon Koenck PA-C*

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## **Practical Natural Healing Tips for Vibrant Living (Instant Insights)** Leon Koenck PA-C

This book explores how to become vibrantly healthy through making positive daily choices in the Six Essential areas for Life. By focusing on recognizing and evaluating your choices in each of the Six Essential areas and then moving towards healthier habits in each one, you will quickly begin to see remarkable improvements in your quality of life. Packed with practical advice on how to stay healthy in today's health challenged world, Instant Insights™ is your pocket guidebook for living, loving, and thriving. In this book, you'll get Instant Insights on...

- The importance of eating healthy and what that actually means.
- That most of what we are sold as health food is actually harming us.
- What you need to drink to remain optimally hydrated.
- The importance of deep and restful sleep.
- The internal energy system and how it affects our health.
- Exercise and how we may be doing it all wrong.
- The ways our thoughts can have a direct impact on our health.

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