



The 7 Principles of Health: Your Call to Health Consciousness

Natasha N Deonarain MD

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Have you ever wondered how you will find health inside a medical system that's going bankrupt and is set up to keep you sick? How much power do you have to live in optimal health with a zest for life as our current healthcare system implodes? "The 7 Principles of Health" is your survival kit for today's tough times. It is a clarion call to every American who is sick and tired of being sick and tired — and finding no answers in the current healthcare paradigm. The old ways of doing things with regard to our bodies, minds, and spirits are insufficient. A new way of thinking is necessary. This book will open the doorway to that new thought process, teaching readers how to begin living a healthy vibrant life, right here and right now. Whether you have a disease or not, it will teach you how to heal, change, and thrive — despite America's current healthcare crisis. You will begin deep inside our broken medical system and travel outward to the biggest picture possible — opening to your innate power to heal. This is your call to health consciousness. Join Natasha as she takes you on the journey of a lifetime and teaches you to open the door to your ultimate power: choice in health — for the rest of your life!

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