



A Smoothie a Day Keeps the Doctor Away: The Beginning (Volume 1)

Chad Napier

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Health seems to be a luxury nowadays as disease is tormenting and tearing apart families throughout the world. Cancer is spreading throughout the Continent like an overpowering plague. Humanity is on its knees, praying for a miracle. The world needs a change! We need a change! But...How? Is there a simple approach to health and to kick disease to the curb? In “A Smoothie a Day Keeps the Doctor Away,” author Chad Napier presents a written pathway for families and individuals that want to take control of their life and health. Chad brings an honest and simple approach to health. Being a health advocate for over (25) years, Chad brings a philosophy of experience to our community. Within “A Smoothie a Day Keeps the Doctor Away, The Beginning” Chad emphasizes the reader the importance of personal accountability. Chad challenges you and I, to take steps to a great and healthy lifestyle by explaining the necessity of simplicity within health. “A Smoothie a Day Keeps the Doctor Away,” establishes this simplicity. “Life and health are simple. We are the ones that make it difficult.” —Chad Napier

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The reserve untitled A Smoothie a Day Keeps the Doctor Away: The Beginning (Volume 1) is the guide that recommended to you to read. You can see the quality of the book content that will be shown to you. The language that publisher use to explained their way of doing something is easily to understand. The article writer was did a lot of exploration when write the book, and so the information that they share to you is absolutely accurate. You also might get the e-book of A Smoothie a Day Keeps the Doctor Away: The Beginning (Volume 1) from the publisher to make you more enjoy free time.

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