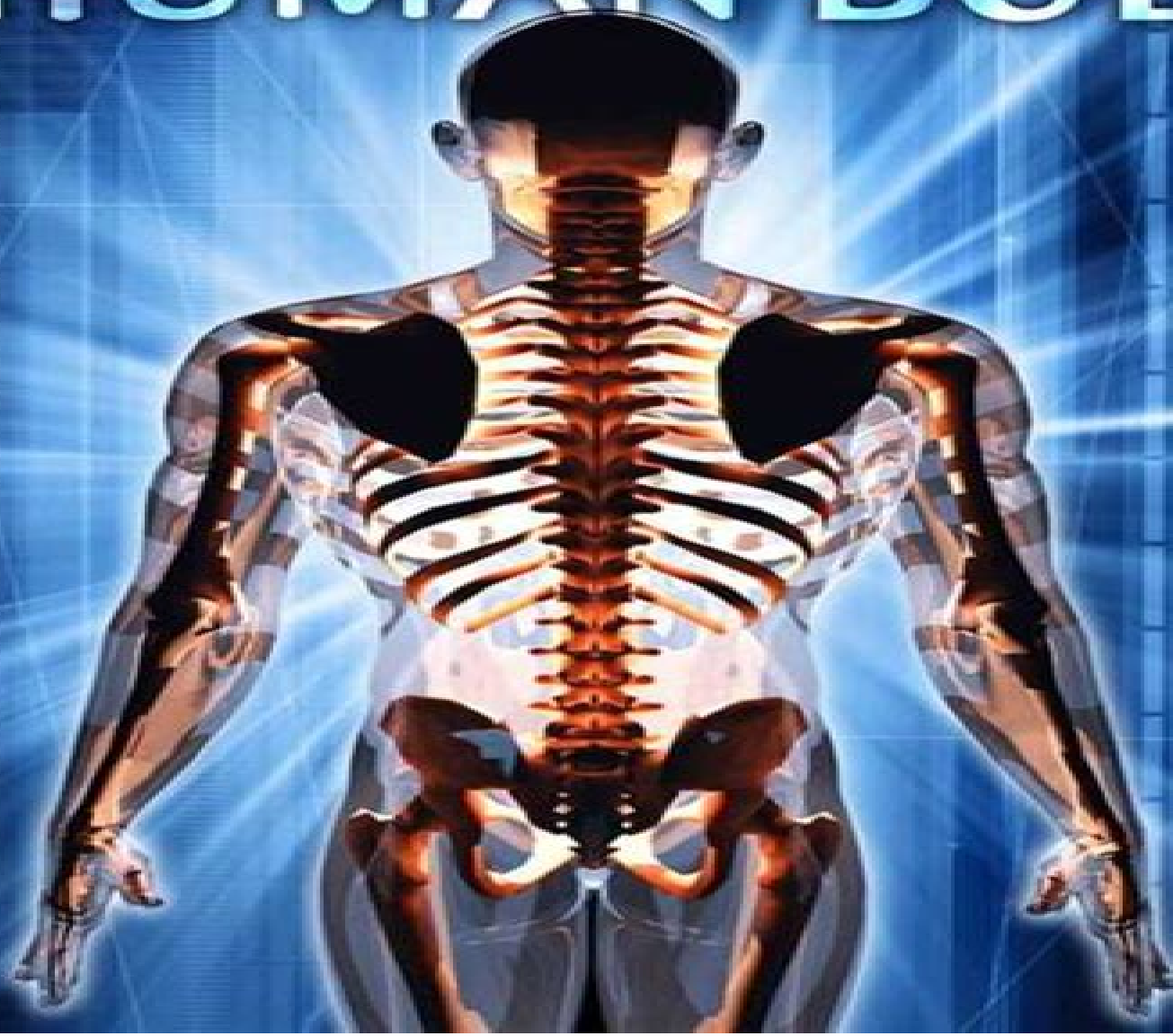


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teaches the skills needed to survive and live in the wild using only those things found in the woods or in other natural landscapes Learn how to ignite a fire with a two stick hand drill erect temporary and semi permanent structures and more with wilderness experts John and Geri McPherson

The Ultimate Guide to Eating for Longevity Denny Waxman,Susan Waxman,2019-08-06 The ultimate guide on how to build and integrate healthy habits into your diet and lifestyle revealing a more positive balanced and invigorating approach to long lasting health With modern healthy diets constantly flip flopping on what foods to eat and focusing on restricting calories individuals can be left confused defeated and unsatisfied This new book by acclaimed macrobiotic health and nutritional experts Denny and Susan Waxman leaves all negativity behind and brings to light a positive outlook on building one healthy habit at a time Great health is not achieved by taking away and restricting it is achieved by adding healthier foods and lifestyle practices One healthy choice leads to another healthy choice says Denny Waxman Readers will find healthy living easier than ever by learning how to apply these principles into a broad range of modern lifestyles and having the ability to go at their own pace The book includes new recipes from Susan Waxman and clears up misinformation about food to give you understanding of how to achieve your best physical spiritual and mental health The Ultimate Guide to Eating for Longevity is not a diet fad but based on the world s long standing civilizations that have changed very little over time and make it clear that it is possible to live a long healthy life

Complete Guide to the Immunity Diet Dr. Emma Tyler,2025-07-05 In her new book Complete Guide to the Immunity Diet A Beginners Guide 7 Day Meal Plan for Health Immunity Dr Emma Tyler breaks down the Immunity Diet into a simple to understand and easy to follow immune system balancing and boosting program that anyone can use to boost their immune system and improve their overall health and wellness naturally Inside her immunity boosting guide Emma will teach you about the following aspects of the Immunity Diet What the Immunity Diet is Major Health Benefits of Following the Immunity Diet What the Immune System Is What Foods Should be Eaten when Following the Immunity Diet What Foods Should be Avoided or Minimized on the Immunity Diet A Simple Nutritious 7 Day Immunity Diet Meal Plan How to Grocery Shop to Boost Immunity How Exercise can Increase the Immune System with the Immunity Diet Lifestyle Benefits of the Immunity Diet Plus so much more Let Emma help you take control of your immune system and guide you through the process of balancing and boosting your immune system by using the tried and tested Immunity Diet and its easy to follow eating plan to improve your quality of life in as little as just 2 weeks

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