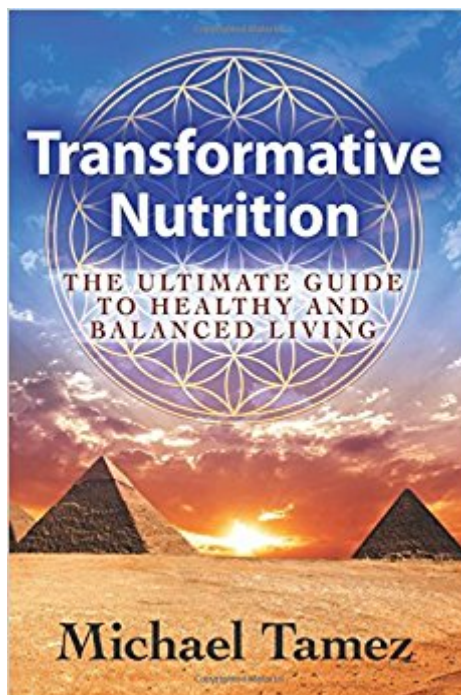




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# Transformative Nutrition: The Ultimate Guide To Healthy And Balanced Living



## Synopsis

STOP DIETING AND START LIVING! ã ã Ditch your calorie counting app and discover the ã ã much needed ã ã relief from silly, unrealistic fad diets. ã ã While ã ã the health genre ã ã is cluttered with conflicting opinions from "popular" diet books, ã ã Transformative Nutrition ã ã delivers a revolutionary new diet-free solution to ã ã permanent ã ã weight loss, emotional overeating, ã ã food addictions, ã ã disease reversal, ã ã and overall health. In this groundbreaking guide ã ã to healthy and balanced living, you will explore ã ã all ã ã aspects of wellness that go far beyond any diet or nutritional program. ã ã You'll uncover the ã ã root cause ã ã of ã ã all ã ã your health struggles. ã ã Throughout the book, you're presented with powerful tools, tips, and exercises designed to balance ã ã every ã ã area of your life. This powerful book explains in detail how to create your own personalized wellness plan that fits your body's ã ã specific ã ã wants and needs. ã ã BREATH OF FRESH AIR

STATEMENT: ã ã You will ã ã not ã ã be presented with annoying sales pitches for expensive MLM supplements claiming miraculous results. ã ã There are no off-the-wall or potentially dangerous practices mentioned either. Additionally, this book is free of invasive marketing tactics trying to sell you hyped up products you don't need. ã ã Yes, finally! A health and nutrition book without the BS. ã ã Author and Holistic Health Coach Michael Tamez shares his amazing story of losing ã ã over 100 pounds. Using food to heal his body, Michael also reveals the secrets to ã ã how he reversed his ã ã life threatening illnesses without medications or surgery. ã ã Life is like a puzzle and every area of life represents an equal contribution. This book ã ã is designed ã ã to support you in building ã ã your wellness puzzle masterpiece. ã ã Transformative Nutrition is a ã ã complete ã ã guide to whole-body health. In the book, you're empowered to take your health back into your own hands. ã ã Essentially, this book is designed show you how to become your own health coach. ã ã After reading ã ã Transformative Nutrition, you will have a ã ã solid ã ã understanding of what healthy and balanced living means. ã ã The Ultimate Guide to Healthy and Balanced Living ã ã presents realistic, easy-to-follow instructions on how to ã ã accomplish ã ã all ã ã your health goals. ã ã Follow the guidance ã ã in ã ã the ã ã book, and you will experience incredible lifelong ã ã results! Are you ready to stop dieting and start living? ã ã The ã ã time is now! Scroll up and purchase ã ã Transformative Nutrition.

## Book Information

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## Customer Reviews

Dear Reader, This amazing and powerful work of art was not created just for people who want to lose weight or eat healthier; this book is for anyone who wants to establish a functional, healthy relationship with their body, meanwhile impacting every area of their life. It is dedicated to those who have the courage to stand up and question the system; not just the system, but their own system as well. It is in honor of the people who are brave enough to face their fears no matter how big and scary they are. If you are ready to make a difference in the world of health, and realize the place you need to start is with yourself, I acknowledge you for that, it is incredibly courageous. Most importantly, I dedicate this book to you! Yes you; the person reading these words... You are about to discover how the choice you made to read this life transforming book is the best decision you have ever made for your health. Always remember to acknowledge yourself for your progress, but never settle for anything less than you are capable of. You are beautiful and complete as you are right now and don't let anyone try to convince you otherwise. I wrote my book with the intention of empowering you to discover the tools that can help unleash your full potential, which is infinite and limitless. You have the power to create your own healthy and balanced life according to what YOU want it to be, and my book will teach you how to take the steps to do this. I am incredibly excited to embark on this journey with you! Let's go... In Health and Wellness, Michael Tamez

Transformative Nutrition was awarded as a "Finalist" in the "Health: Diet & Exercise" category of the 2016 International Book Awards Contest!

I was recently introduced to Michael's work by a friend of mine. Being the health and fitness field I'm

always excited to read about someones process when I know they've lived the struggle themselves. Michael's history of obesity, heart break and sleep apnea, to name a few of his struggles, helps paint the picture of someone who's truly passionate about this subject. If you're looking for a book that will help you transform your thinking around nutrition and how to transition from a "diet" mindset, into a "lifestyle" mindset, this is a great read. Sometimes we tend to over think or make quick rash choices around our health when often the best solution to our problems is so simple and staring us right in the face. Real, natural food can solve most of our problems, if we're willing to do the work and figure out how our bodies work. I'll be revisiting this book again and again over the years. Worth picking up!

This book is one of the best, if not THE best, books I have read on health and nutrition. The author explains how everything relates to your health and gives you many examples from his personal experiences. I especially like when he refers to maintaining your body like you maintain your car. In this prescription obsessed world, his drug free approach through nutrition is an awesome alternative. Health is a number one priority and this book is a great guide to a healthy mind and body. I am going to purchase several copies as gifts for my friends and family.

great thank you

Lots of wonderful information!

Transformative Nutrition, the Ultimate Guide to Healthy and Balanced Living is one of the most progressive and informative books on health I have read in years. The author takes you on his own personal journey of how he transformed his health throughout his lifetime. I love the way the author coaxes the readers to question everything...even what he is writing about in the book. It is a clever way of showing what is lacking in our society right now, which is blindly accepting the systems and traditions we have been born into. This guide is very thorough and touches on a vast amount of areas that are health related. Even though there are physical nutritional portions of the book, the author ties them all into mental, emotional, and spiritual areas as well. He paints a great picture of the interconnectedness of all systems and functions of the human experience. Any human being will benefit greatly from reading this book. I am excited to read more of this author's work in the future. This book is a great starting point to start questioning the system, your beliefs and especially yourself.

I highly recommend Transformative Nutrition: By Michael Tamez After reading his book I feel more connected to myself in the sense that I am making healthier choices of foods good for my body. And I have created a new context that loves and nurtures my spirit as well. .Michael's shares his personal experience of family loss resulting in emotional turmoil, weight gain, and self hate. His transformation is inspirational and empowering I was moved and motivated by his courage of his own convictions and passion. This beautiful motivational book is written clearly, well defined,, and organized. I give this book 6 stars and I am anxiously waiting for his next book about ways to live in a healthier environment with formulas and recipes that are chemical free!

Finally...a book that speaks clearly and easily on how to improve your well being! I was blown away by author Michael Tamez's backstory which to me, is the proof in the pudding. Having some issues myself, I fully intend to implement his teachings which are done naturally and do not require medication. Our ancestors healed their bodies and spirits through natural resources.... it's time for modern day human's to go back to those teachings and stop poisoning our bodies with dangerous chemicals. Michael's book reinforces that wisdom. Great read!!

Michael Tamez shares his personal journey of loss forcing him to have major spiritual, mental and emotional break-through's leading to healthier choices and nutritional wisdom. **READ THIS BOOK** to absorb Michael's approach for creating well-being and healing at a time when we are experiencing the highest rates of obesity, diabetes, and heart disease ever recorded. Follow Michael through the many traumas of his early life such as, his father's fight with Lou Gehrig's disease and passing, his first relationship and the birth of his child, his own deteriorating health, and the need for him to make major changes which lead to a complete transformation. As a certified integrated health coach, Michael's mission is to inspire a permanent shift in the way people eat, think, feel, live, and love. Learn the health transformation journey never ends and **NOW** is the time to take responsibility for your life experience, face your fears, do what is true, regardless of consequences, discover the difference between your heart and your head, and learn there is never any reason to feel bad. Michael shows us how, "As a human species with a unified living spirit, we tend to be a giant mirror for each other." Observing our actions and accepting that change is necessary for our personal growth, leads us to health, love, and positive behaviors.

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Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The Lupus Recovery Plan: Healthy Nutrition To Treat Lupus Naturally (Healthy Nutrition and Living Book 1) Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for children,toddler recipes,baby food recipes) Toddler Diet: Nutrition and Balanced Diet for Toddlers( toddler cookbook, toddler nutrition, toddler meals, baby food cookbook, baby diet, recipes for ... recipes,baby food recipes) (Volume 1) Low Calorie & Fat: Healthy Breakfast Recipes! Discover New Healthy Breakfast Ideas. Healthy Muffin Recipes, Healthy Smoothies, Healthy Egg Recipes and ... Only! (Low Calorie & Fat Recipes Book 1) Nutrition for a Healthy Mouth (Sroda, Nutrition for a Healthy Mouth) Fatty Liver: The Ultimate Step-by-Step Guide To Understanding and Reversing Fatty Liver Disease (Liver Cleanse, Nutrition, Liver Cleanse, Healthy Living, Revitalise Health, Detox Body, Weight) Instant Pot Pressure Cooker Cookbook: Easy Recipes and the Ultimate Guide to Fast, Delicious, and Healthy Meals: Healthy, Easy And Delicious Meals With ... Crock Pot, Healthy, Quick & Easy, Paleo,) Nutrition and Food Safety (Healthy Eating: A Guide to Nutrition) Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) The Liver Cleanse and Detox Diet: Ultimate Liver Cleansing Guide to stay Healthy and Lose Weight! (fatty liver, healthy diet detox, liver disease, cleanse ... fat loss, detox diets, healthy cooking,) Basic Nutrition (Healthy Eating: A Guide to Nutrition) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle The Estrogen Window: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced--through Perimenopause, Menopause, and Beyond The Estrogen Fix: The Breakthrough Guide to Being Healthy, Energized, and Hormonally Balanced Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Vegan: 101 Simple,Easy, Delicious Chocolate Plant Based Vegan Recipes for a Raw Vegan and Vegetarian Diet for Healthy Living and Weight Loss (Gluten Free, ... a Healthy Living Cookbook for Weight Loss) The CUSP Method: Your Guide to Balanced Portions & a Healthy Life Buddhism: A Beginners Guide Book for True Self Discovery and Living a Balanced and Peaceful Life: Learn to Live in the Now and Find Peace from Within

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