



The Self-Health Revolution

J. Michael Zenn

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“J. Michael Zenn has written a wonderful book on health....We need to wholeheartedly embrace the principles of *The Self-Health Revolution*. I enthusiastically recommend this book.” (John Mackey, cofounder and co-CEO of Whole Foods Market)

Newly revised and updated, this electrifying guide has been praised by doctors, health experts, and readers who have taken their own self-health challenge. Describing himself as “an ordinary guy who discovered an extraordinary secret,” which he now feels compelled to share with everyone, J. Michael Zenn completely changed his own life when he began a quest to get healthy. With some simple but profound improvements to his diet and everyday habits, Zenn lost fifty pounds and six inches off his waist and—within just a few months—felt and looked younger than he had in two decades. So he quit his job and spent a year reading 200 books and interviewing experts in order to write about the powerful message he calls “the self-health revolution.”

In this inspiring book, Zenn reveals:

- **The hidden ingredient in our food that makes us fat**
- **The Tsunami of Diabesity (obesity + diabetes) that threatens our health, our health-care system, and our economy**
- **Three simple things you can do to get fit and stay thin**
- **A forgotten remedy that can get rid of your aches and pains**
- **One thing you can do now to help extend your life**
- **The little-known reason most people feel tired and run down**
- **How unhappiness and stress can take years off your life**
- **The Number 3 killer that nobody wants to talk about**
- **A cure that your doctor may not know about or can't tell you**

Now you can join the revolution of self-health throughout America. Take the 10-day challenge. You'll lose weight, keep it off, feel better, and have more energy than you thought possible.

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Courtney Cook:

The e-book untitled The Self-Health Revolution is the publication that recommended to you to read. You can see the quality of the e-book content that will be shown to you actually. The language that author use to explained their way of doing something is easily to understand. The author was did a lot of exploration when write the book, so the information that they share for you is absolutely accurate. You also can get the e-book of The Self-Health Revolution from the publisher to make you far more enjoy free time.

Donald Sams:

A lot of people always spent their free time to vacation or even go to the outside with them family or their friend. Did you know? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read a new book. It is really fun in your case. If you enjoy the book you read you can spent all day every day to reading a guide. The book The Self-Health Revolution it is quite good to read. There are a lot of people who recommended this book. They were enjoying reading this book. When you did not have enough space bringing this book you can buy the actual e-book. You can m0ore quickly to read this book from the smart phone. The price is not too costly but this book has high quality.

Bryan Lopez:

The Self-Health Revolution can be one of your beginner books that are good idea. Many of us recommend that straight away because this book has good vocabulary that may increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort that will put every word into joy arrangement in writing The Self-Health Revolution nevertheless doesn't forget the main level, giving the reader the hottest along with based confirm resource details that maybe you can be one of it. This great information could drawn you into brand-new stage of crucial contemplating.

Betty Neal:

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