



You Become What You Eat

Cecilia Salvesen

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THIS BOOK OFFERS AN EASY SOLUTION IF YOU ARE A SUFFERER OF: chronic fatigue/muddle-headedness/confusion/inability to find right word/uncoordination/poor memory/premenstrual bloating/irritability/depression/premenstrual tension (PMS)/anxiety/headaches/muscle and joint pain/bloating/flatulence/itching or burning in anus/hiatus hernia/indigestion/spastic colon/constipation/diarrhea/irritable bowel syndrome/sexual difficulties/cystitis/fungal infection of nails/athlete's foot/prostatitis/frequent or chronic thrush/lack of libido/vaginitis/skin rashes or itches/itchy skin/skin 'blisters' that pop and peel/psoriasis/urticaria/eczema/acne/lethargy/infertility/low sperm count/bad breath/red, crusty eyelids/ringworm/mood swings/chemical sensitivities/allergies/asthma/insomnia/smelly feet/cravings: sugar, pickles, alcohol, sweet foods and bread/water blisters on hands, fingers, underneath and side of feet, which itch, pop and peel/reaction to chemicals, fumes, perfumes and insecticides/experience 'movement' in the intestines. Cecilia Salvesen is a licensed massage therapist as well as a therapeutic healthcare advisor and hold diplomas in Complementary Medicine, Therapeutic Reflexology, Therapeutic Aromatherapy, Anatomy, Physiology and Pathology. She was the Principal and owner of the Natural Health and Beauty College, Natural Health and Beauty Clinic and Natural Health and Beauty Products in South Africa. She is a founder of the Aromatherapy Society of South Africa and was Vice Chairperson of the South African Reflexology Society where she served for twelve years. Cecilia is currently Vice President of the International Council of Reflexologists and has served on the Board of Directors for over a decade. As you become what you eat and the above symptoms and imbalances manifest as a result, Cecilia advises people on how to strengthen their immune system by eliminating refined processed foods and ingesting natural, nutrient rich food. Health is as simple as that.

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