



# How To Take Control of Your Own Life: A Self-Help Guide to Becoming Healthier Over the Next 30 Days

*Cathy Harris*

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## **How To Take Control of Your Own Life: A Self-Help Guide to Becoming Healthier Over the Next 30 Days** Cathy Harris

Have you been feeling sick, sluggish or run-down? Do you consider yourself to be healthy? What does being healthy really mean? Being healthy is simply having the energy and vitality to move forward and enjoy your life. After conducting extensive research on how to become healthier, I learned that it's a good chance that all the following have contributed to your organs becoming clogged, turning hard and slowing you down -- eating the Standard American Diet (SAD) over the years; Swallowing undigested foods over the years; Eating junk foods over the years; and taking pharmaceuticals (either prescribed or over-the-counter) over the years -- just to name a few. Even though you are not experiencing any pain from your liver, kidneys or other organs, it doesn't mean that they are operating at 100%. The problem is if you don't do something to reverse the damage that has occurred to your organs over the years, they will eventually give out. If one organ gives out, they all will give out because they work as a team -- and you will die! If you have bad breath, pass gas that has a foul odor or have a bad odor when you defecate, that means you have something inside of you that is dying or in other words, a disease is developing in your body. Remember diseases cannot exist in a healthy body. The goal is to look at your lifestyle (diet, exercise, sleep patterns, etc.) and your environment (inside environment and outdoor environment) and develop good habits that will give you a disease-free body. Don't beat yourself up if it takes some time for you to adjust to your new lifestyle. After all you did not pick up all those bad habits overnight. Remember, it takes 3 to 4 weeks to form new habits. But you have to start today before it's too late! Also remember chances are you are the cause and you will also have to be the cure for what is happening to your body. This is a self-help guide to renewing your life and getting back the energy and vitality you had years ago and I am living proof that you can do this and more starting within the next 30 days. This book "How To Take Control of Your Own Life: A Self-Help Guide to Becoming Healthier Over the Next 30 Days" is the third book in a 3-part empowerment book series which provides powerful information on how to take control of your own life. Good luck!

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