



Your Personal Tuning Fork: The Endocrine System

Deborah Bates

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Grab your Personal Tuning Fork and 'twang' your way to sustainable health! Discover your body's health secret, the endocrine system - your personal tuning fork. Are there niggling disturbances, which interfere with your daily life? Allergies, brain fatigue, dizziness, general aches and pains, headaches, insomnia, lethargy, loss of libido, low self-esteem, mood swings, sugar cravings, weight issues? Do you want to be free of them? Do standard medical tests leave you feeling powerless, frustrated and still seeking answers? Take charge of your health, begin the journey towards health, well-being, youthfulness, and peace with The way of Health: Your Personal Tuning Fork; The Endocrine System. An easy to read daily reference for everyday solutions to everyday issues, which interfere with daily life. It bulges with clear informative text, body system charts, tables, self-care tools & tests and illustrations. As a one-stop guide it will leave you feeling empowered to become your own health-master to take charge of your well-being and life.



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