



# **MIKE GEARY** **DIET TIPS**

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# Mike Geary Nutritionist

**Johann Carolus**



## **Mike Geary Nutritionist:**

Wake Up and Change Your Ways Johann Carolus,2022-11-21 At breakfast in the morning without thinking we might pop a piece of bread a donut or a pastry in our mouths while catching up on the news on TV or social media That s just how it is But from that first moment in the kitchen we should be asking ourselves What am I putting into my body and later in the bath or shower we should wonder What am I putting on my skin The moment you ask these questions you become aware The questions raise more questions and we find that one by one the answers trigger events that will lead to a true awakening After ten years of research I want to share some revelations that could change your life and perhaps the course of humanity for the better     *Light Aerobics Exercises for Seniors and the Lazy Man!* Jaime E. Arcebuche,2011-11-21 A Unique Blending of the Best Exercise Practices in the Western and Eastern Hemispheres some revealed for the first time This Program was researched and designed for Todays People without the Time Money or Desire for Rigorous Exercise Disciplines No need to enroll or purchase expensive exercise Programs Equipment Diet Consultations or Medicines You can do it at Home at work in school in public places in your car and even in your Bed With reasonable practice it can be done in less than 45 Minutes Great results or improvement may be attained in as few as Twice a Week Discover the self healing properties of your body Marvel at the fantastic coordination of your various Organs and systems how the air food or nutrients are automatically ingested and wastes expelled away There are even tips on what to eat to avoid and other valuable health suggestions toward a more fulfilled and rewarding life If you are over fifty or just feels sluggish lethargic subject to body pains stressed convalescing experiencing sexual dysfunction losing your pep popping pills or just feeling generally inactive this Program may be just for you This regimen can be your One Safe Road back to active life It is cheap on money time and effort When properly and regularly done it can help hasten your recovery from regular ailments For example when feeling tired or sleepy you can be revived in seconds Headaches or nausea can be gone in hours instead of days It may even save you from the onset of dreaded diseases Love your life You have but one shot of it in this world There is no next time So take care of your most valuable property your own body By treating it well it can in return take good care of you Why not make yourself feel more vibrant healthy and happy for the rest of your days Go for it     *Who's who in America* ,1899     *Federal Regional Yellow Book* ,2007     **Who's Who in the West, 1996-1997** Marquis Who's Who,Marquis Who's Who Staff,1995-11     **Daily Variety** ,1948     **Northern California Jewish Bulletin** ,1989     **California Manufacturers Register** ,1995     *Chicago Tribune Index* ,1995

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