



Physical Health

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalm 139:14 (NIV)

In this first part of this study, we will delve into four key components of physical health:



FOOD



FITNESS



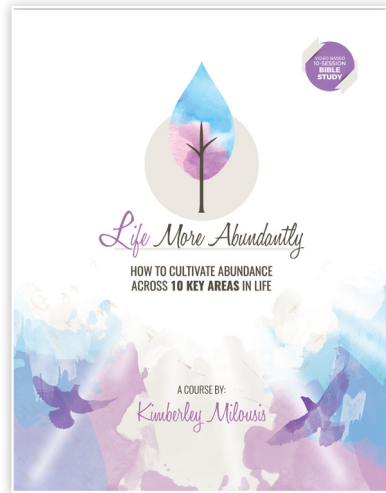
PHARMACOLOGY



PHYSICAL APPEARANCE

I will teach you what I have learned and share with you solutions I have found. I don't claim to have all the answers, but I can offer you what has worked for me and for my customers. In knowing there is something that works, if nothing else, there is hope!





Credits:

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