



Primal Resonance: Discover the Secrets of Health, Vitality, and Optimal Human Performance (Paperback)

By Dr Steven Schwartz

Babypie Publishing, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Everything on this planet is toxic and contributes to chronic inflammation, which is responsible for nearly all known chronic illness. Thankfully, the root cause of inflammation can be successfully treated naturally by following the basic laws of nature. Whether you're suffering from chronic illness, feeling like you're not living your life to your full potential, or simply would like to learn the secret to living a long, happy, fulfilling, healthy life, this book is a must read. You will learn: What chronic inflammation is and why it's creating a widespread, insidious epidemic in America and throughout the world Why optimizing your body's cellular communication is so important for maintaining optimal health, vitality, and performance The top ten principles for reversing aging and degeneration Practical tools, techniques, and resources to reduce inflammation; clear old, unwanted cellular memory patterns; and restore balance to your body A new way of looking at how your body works and how your cells communicate and interact with your surrounding environment to slow the biological hands of time and help create a happy, healthy life...



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