



Total Renewal

Frank Lipman

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In terms of health, most of us live at 50 percent of our capacity. *Total Renewal* takes us the rest of the way there.

To varying degrees, we all suffer from digestive disorders, low-grade toxicity, or fluctuating blood sugar levels. While not ballooning into full-fledged diseases, these conditions limit our enjoyment of life and prefigure illnesses that loom in our future. Consisting of seven steps, Dr. Frank Lipman's Total Renewal Program is the key to reversing the unhealthy habits and poor functioning that we have slowly developed and accepted over the course of our lives. The program replaces them with new behaviors that leave us stronger, healthier, and more durable.

Dr. Lipman's seven steps are:

1. Take **Responsibility** for Your Health and Well-Being
2. **Remove** Toxins and Decrease Your Total Load
3. **Recognize** Your Unique Diet
4. **Replenish** Nutrients and Balance Hormones
5. **Release** Tension and Relieve Stress
6. **Revitalize** with a Detox
7. **Reconnect** to Yourself, Others, and Nature

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Melvin Bragg:

A lot of people always spent their free time to vacation or go to the outside with them family or their friend. Did you know? Many a lot of people spent many people free time just watching TV, or maybe playing video games all day long. If you want to try to find a new activity that is look different you can read any book. It is really fun for you. If you enjoy the book that you just read you can spent all day every day to reading a guide. The book Total Renewal it is very good to read. There are a lot of people who recommended this book. They were enjoying reading this book. When you did not have enough space to develop this book you can buy often the e-book. You can m0ore quickly to read this book from the smart phone. The price is not to fund but this book possesses high quality.

Jake Harris:

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Wiley Wagner:

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