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REPROGRAM YOUR LIFE: A PERSONAL GUIDE TO EMPOWER YOUR MIND, ENERGIZE YOUR BODY, AND REVERSE CHRONIC DISORDERS (PAPERBACK)

Reprogram Your Life



Siham Khalili, PhD, RD

Createspace, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This book offers a comprehensive approach to taking charge of your own health and living a vibrant disease-free life. It demonstrates how to reprogram our metabolism through a new set of mental and physical habits according to two main principles drawn from the sciences of biochemistry, nutrition, physiology, endocrinology, neurology and psychology. (1) Chronic disorders of obesity, diabetes,...

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- Authored by Siham Khalili
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