

A Day With a Naturopath

The Daily Actions to Improve your Health

August 2018

Health/
Well Being



Synopsis:

Healthy daily habits will help you to maintain a good health: exercises, food, relaxing time, sleep... all these elements have considerable consequences in our well being. By getting simple healthy habits, you will find back a balanced and energetic life.

Content:

Food, physical exercises, stress management, aromatherapy, etc. This book is full of information and advice to apply every day to improve shape and prevent illnesses.

The Author:

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She is the author of *Fasting*, published by Marie Claire Books.

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Table of Content:

INTRODUCTION

I. MORNING

- . Waking up**
- . Urine**
- . Stools**
- . Respiration**
- . Brush your teeth and wash your mouth**
- . Internal Shower**
- . Morning Exercises**
- . Energetics Chinese Cleaning**
- . Yoga**
- . Gym**
- . Nose Cleaning**
- . External Shower**
- . After the Shower**
- . Breakfast**

II. DURING THE DAY

- . Place of work**
- . Break at the office**
- . Lunch**
- . Nap**
- . Afternoon break**

III. EVENING

- . End of the day**
- . Diner**
- . Before going to bed**

FAST and mono-diet

CONCLUSION

TABLE OF VITAMINS

TABLE OF OLIGO ELEMENTS

ADDRESSES