



## The Simple and Natural Way: .to Perfect Weight, Radiant Health and Transformed Life (Paperback)

By Shailaja Prashant Kedari

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Simple and Natural Way offers a practical and simple guide to perfect weight, radiant health, and, eventually, a transformed life. The book is about something that most of us know in theory but very few practice; it focuses on Fletcherism, in theory and in practice. The theory is supported by the work of the American health guru Horace Fletcher (1849-1919), including various experiments of strength and endurance conducted on him and several Fletcherites before and after him. The practice is based on my own experience and results with Fletcherism. This book is for all those who are struggling with weight issues-the underweights and the overweights. Fletcherism works like magic. On a comparative analysis, this practice is easier to adopt than any of the diet or exercise routines. This raises its acceptance quotient even with hard core foodies. It is for all those who are struggling with any health issue, whether directly or indirectly connected with incorrect eating and nutrition, and for all those who wish to live life to fullest possible physical potential in terms of their strength, endurance and...

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