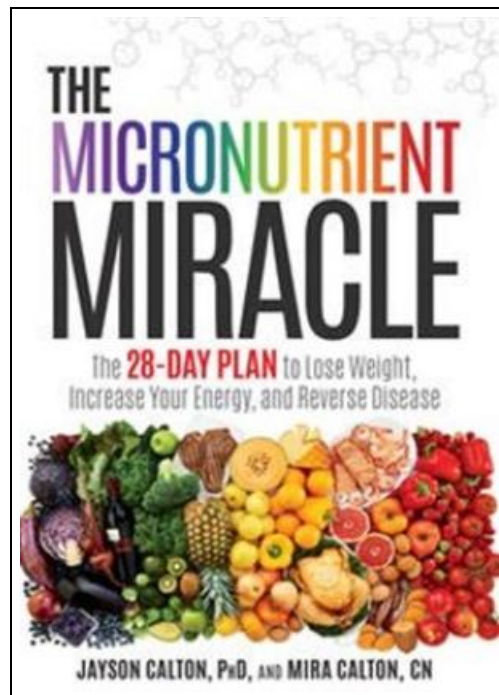


Micronutrient Miracle: The 28-Day Plan To Lose Weight, Increase Your Energy, And Reverse Disease, The



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Reviews

Without doubt, this is actually the best job by any publisher. It is written in basic phrases instead of difficult to understand. You will like the way the author publishes this publication.
(Dr. Marvin Deckow)

MICRONUTRIENT MIRACLE: THE 28-DAY PLAN TO LOSE WEIGHT, INCREASE YOUR ENERGY, AND REVERSE DISEASE, THE



Black Inc, 2016. Paperback. Condition: New. What if you were told that your poor health or growing waistline was the direct result of a micronutrient deficiency? Armed with the latest cutting-edge science and dozens of success stories, authors Jayson Calton, PhD, and Mira Calton, CN, lift the veil on this little-known root cause of disease and provide the tools you need to become healthy and happy again. In *The Micronutrient Miracle*, the Caltons reveal the secret to achieving both lasting weight loss and optimal health: essential vitamins and minerals your body needs to be healthy, which are currently being stripped from your diet. These deficiencies cause weight gain and today's most common illnesses, including chronic disease. In fact, Mira herself developed advanced osteoporosis at age 30. But by following the program described in this book, she completely reversed her disease. *The Micronutrient Miracle* provides an easy, prescriptive 28-day plan to reverse these effects by restoring your depleted micronutrients. And the best part? This book was tailor-made to work with your lifestyle, regardless of which foods you like to eat! So whether you want to lose some weight and look a few years younger or you're suffering from conditions like insomnia, chronic pain, brain fog, heart disease, diabetes, or osteoporosis, *The Micronutrient Miracle* has the plan for you. 'Being deficient in your essential micronutrients causes long-latency diseases such as osteoporosis, cancer, diabetes, heart disease, dementia, obesity, and more. The Caltons have properly identified the problem and offer a powerful solution that will help you lose weight, increase energy, and reverse disease faster than you may have ever thought possible.' Mark Hyman, MD, author of the #1 New York Times bestseller *The Blood Sugar Solution 10-Day Detox Diet* 'It took 100 countries, 7 continents, and 6 years for the Caltons to discover the Fountain of Youth. It only took...



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