



Health Box Set: 23 Steps to Protect Your Immune System + 28 Dessert Recipes + Clean Food and Mediterranean Diet + Reflexology + Slow Cooker Recipes (coconut ... Carb Diet books, Mediterranean diet books)

Tina Morgan, Donna Lee, Debra Brooks, John Davis, Olivia Thomas, Ryan Davis

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BOOK #1: Coconut Oil: 23 Healthy Steps to Protect Your Immune System and Enhance Your Beauty.

This book is based on the idea that how you can boost up your immunity system naturally. Here in this book, you will get the step-wise idea that how you can strengthen up your immunity system without taking any sort of medicines.

BOOK #2: Low Carb: 28 Delightful and Tasty Dessert Recipes for Overcoming Belly Fat, Lose Pounds, and Live Healthy

The Low Carb diet is a new lifestyle that has been created to make your body resilient to anything. It is an easy to follow plan that thousands are already taking advantage of and it is one of the first diets that will provide benefits even if you are not sticking strictly to every point for whatever reason. In this book I intend to provide an understanding into the mechanics behind this diet and the health benefits that can be attained from giving it a go.

BOOK #3: TMediterranean Diet: 23 Healthy Mediterranean Recipes To Improve Your Health and Increase Longevity

The Mediterranean diet includes the fundamentals of healthy eating with the paramount emphases on the heart and its healthy functioning. While many dietary plans are considered or classified as healthy, many so called healthy diets do not explore the possibilities of maintaining a healthy heart condition. They might enrich the general body condition like the skin or and body tissues but endanger the heart's ability to function properly and stay healthy. The Mediterranean diet has a lot of benefits on the human body. Most significantly the heart – the heart is kept on a very healthy platform void of every form of heart diseases that

may want to threaten its ability to function at its best.

BOOK #4: Clean Food Diet: Dedicate yourself to the Clean Eating Lifestyle to Stay Healthy, Gain More Energy and Lose Weight

This really is the only book you need to see your making improvements in your diet along with weight loss, an increase in energy and skin that positively glows. Good luck and enjoy!

BOOK #5: Candida: Learn how to Treat Candida and Rehabilitate Your Health Naturally in less than 30 days

This book “Candida: Learn how to Treat Candida and Rehabilitate Your Health Naturally in less than 30 days” is your go-to guide to ridding yourself of the embarrassment this infection brings by giving you all you need to know about what Candida is, how to recognise the signs and get your body recovering naturally in your very own home.

BOOK #6: Reflexology: Take Charge of Your Health with These Easy Steps to Reduce Tension Using Hand and Foot Reflexology

This book will review what reflexology is and why it is so beneficial to your health while also explaining simple techniques you can perform that are surely to improve your health. Reflexology is a common practice that can be used to help aide in recovery from surgeries or injuries, boost the immune system and immediately improve your overall health. Not only can reflexology have major positive impacts on your overall health but also these techniques can be done easily in the comfort of your own home allowing you to take the first steps in controlling the improvements to your health.

BOOK #7: Slow Cooker Recipes: 28 Easy Dinner Recipes To Revolutionize Your Slow Cooking and Make Healthy Slow Cooker Meals

This book will outline some of those reasons and give you some simple recipes to boot to help you get started preparing fabulous recipes in your new cooker.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Logan Merritt:

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Martha Holt:

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