



Looking for Health in All the Right Places

Annie Scheppach

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What if you could say, "I feel fabulous," at 20 something or 70 something, as the author does. Ask yourself, "How am I feeling, really?" Your answers to, "Help, what should I do to feel better, to ensure a healthier life?" are here. It is never too early or too late to say, "Yes," to what your body and heart are aching for. It's no coincidence that you are looking at this book. One idea from the book is worth more than the price of the book. The author has written the guide she wishes she had so long ago. She has lived being too busy, too stressed, tired, and sick. For more than twenty years Annie Scheppach has been learning, discovering what health really means following her own wake up call. Here is your guide for putting together life's puzzle pieces to create health...for life. The puzzle pieces include food and more! It is an inside job, of course. Too many people are sick; too many people are receiving diagnoses and receiving them way too young in age. And most of these chronic disease diagnoses are generally preventable and reversible. Get ready for feeling better than you ever have! Don't wait for a wake up call. The author consciously chose to keep the book brief, a "how to" so that you the reader gets just the "caring facts" along with the wisdom and experience of someone who lives day to day what she has written. You don't have to wade through more than you may be ready for!

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