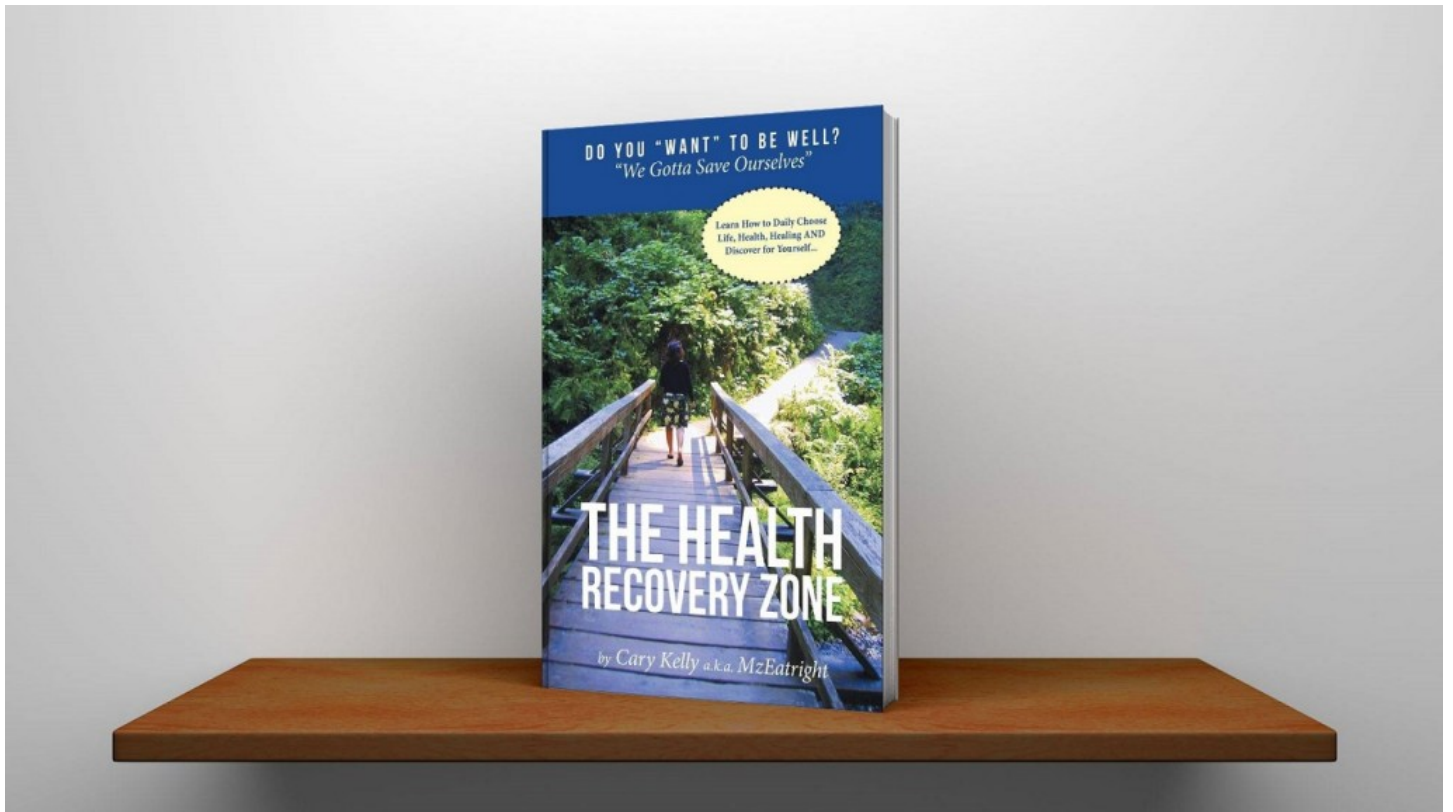


Author Cary Kelly Promotes Her Health & Wellness Book - The Health Recovery Zone



Los Angeles, Sep 3, 2019 (Issuewire.com) - Author Cary Kelly Promotes Her Health & Wellness Book - The Health Recovery Zone

Author Cary Kelly is pleased to announce the promotion of her health & wellness book, The Health Recovery Zone.

Do you WANT to be well?

There is HOPE!

There ARE things we can do and we must learn the importance of daily giving our body what it needs to HEAL ITSELF when life bombards us with the constant assault of environmental chemical manipulations! Discover for yourself as the author shares her experience, strength and hope including how she reversed her own chronic, autoimmune illness using some doable HEALTH RECOVERY ACTION STEPS, any reader can implement!

The Health Recovery Zone is available for purchase in print and ebook formats.

Book Details:
The Health Recovery Zone
By Cary Kelly

Publisher: Christian Faith Publishing
ISBN: 978-1642583984 (pb)
ISBN: 978-1642584547 (hc)
ASIN: B07MQW1LXB
Pages: 273
Genre: Health and Wellness

About the Author:

Cary Kelly, author, blogger, (MzEatright) and certified health coach has been helping her clients find the narrow road which will support a life of happy living and healthy eating! Improving strength, stamina, and energy levels in order to fulfil your calling is a side effect from making healthy changes.

Cary turned to holistic health principles when facing an unfavourable diagnosis. After a 30-year career assisting physicians indirect patient care, in multiple subspecialties, she also spent over 25 years researching the conventional medical literature for answers to our escalating stats of chronic and autoimmune, metabolic illness! People have not been getting the message that most of these common problems in society are indeed PREVENTABLE! Grab your copy today: THE HEALTH RECOVERY ZONE!

Contact:

Website: <http://www.eat4life2live.com>

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Promo Link: <https://bookbuzz.net/blog/health-wellness-the-health-recovery-zone/>

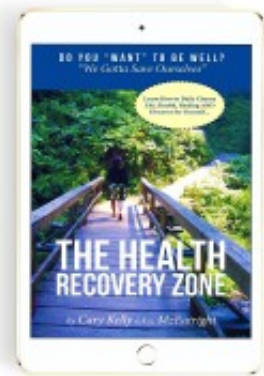
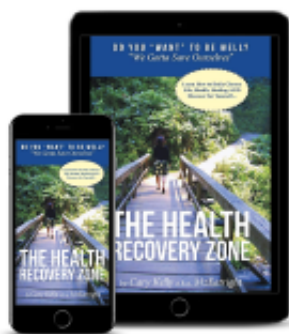
Purchase Links:

<https://www.amazon.com/dp/B07MQW1LXB/>

<https://www.barnesandnoble.com/w/the-health-recovery-zone-cary-kelly/1129921817?ean=2940161168479>

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