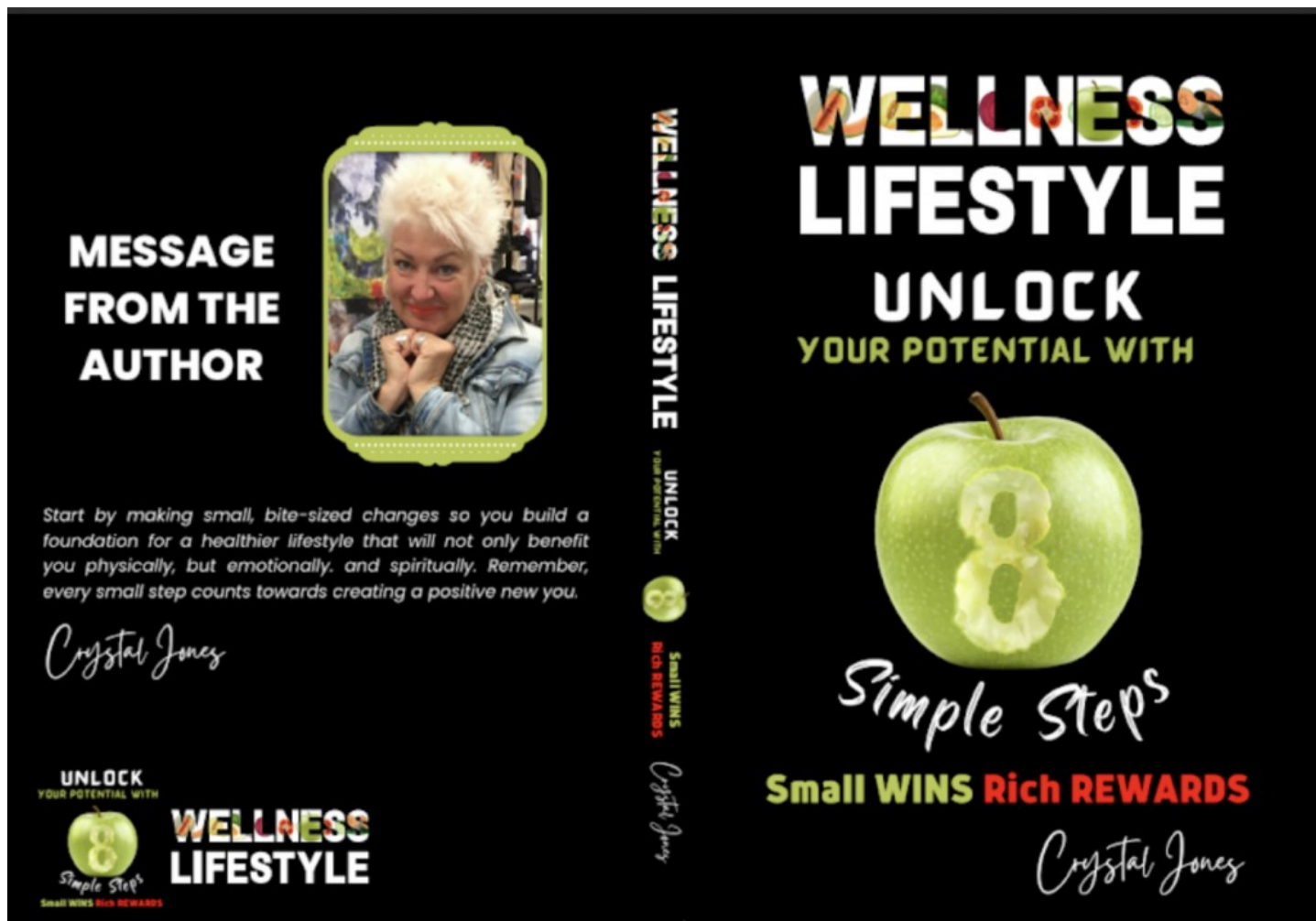


# Unlock your Full Potential - Post Pandemic

Wellness Lifestyle - Small WINS & Rich REWARDS



Montreal, Quebec Apr 26, 2023 ([Issuewire.com](http://Issuewire.com)) - Unlock the Secrets to a Wellness Lifestyle

For the past 30 years, **Crystal Jones** has redirected her **former self-centered ambitions as a bodybuilding competitor towards helping others adopt a healthy and fulfilling lifestyle.** Jones is passionate about assisting individuals to achieve their health and wellness objectives. She has dedicated much of her time to instructing and coaching them in maintaining a well-rounded diet, engaging in physical activities for young and old that will promote positive thinking, and helping them to prioritize self-care.

Her new book is titled “[Wellness Lifestyle – Unlock Your Potential in 8 Simple Steps – Small Wins Rich Rewards](#)”

Jones' perspective on **a healthy lifestyle extends beyond just eating well and exercising,** it also emphasises the importance of finding balance in all aspects of life for overall wellness. **This is a positive post-pandemic 8-step guide to help people attain balance, harmony, and happiness.** It also offers practical advice on how to integrate nutrition, physical activity, and self-care to achieve personal goals. In essence, Jones advocates for a holistic approach to wellness, believing that

a healthy lifestyle encompasses more than just physical health. It will also promote positive thinking and happiness.

**The book includes so much:**

- **A Comprehensive Vitamins And Minerals Charts** that includes food sources, major functions, and deficiency effects
- **Pros and Cons on selecting any of 25 popular diets** like Keto, Intermittent Fasting, Fodmap, Plant Based, and more.
- Incredible **DIY beauty treatments**, including **10 anti-aging facial exercises for glowing skin.**
- **Insight into emotional support through 38 Bach Flower Essences** and their uses
- **Foods** that can curb appetite and **calm cravings**
- Become familiar with **Microgreens**
- **How to make Probiotics**
- Foods that can **improve memory**
- **Understanding cleanse and detox**
- **25 common herbs and their benefits**
- **Foods that boost immunity**
- **Steps for Eco-friendly home ideas**

**As a bonus**, I have included 50 Delicious **Vegetarian Recipes complete with full-color photos** to enhance your culinary journey.

**Throughout the book** are **Bold icons** to draw attention to:

- paragraph summaries
- scientific summaries
- heads up things to avoid.

"This book is designed to help people take control of their health and well-being by providing easy-to-implement steps that can make a big difference over time," said Jones. "By emphasizing small, manageable changes, readers can **develop and embrace a Wellness Lifestyle that will last a lifetime.**"

A naturopathic doctor and retired chiropractor also agree that this book will be an invaluable resource for anyone looking to improve their overall health and to have a fulfilling life.

Crystal Jones is a wellness nutritional coach and instructor dedicated to helping people achieve optimal health and well-being. "[Wellness Lifestyle - Unlock Your Potential with 8 Simple Steps - Small Wins Rich Rewards](#)" is her latest book. Take the next step and discover the power of incremental adjustments with this practical guide to achieving holistic wellness and vitality."

Let's help others on their Wellness Journey today.

For further information and interviews contact me personally,

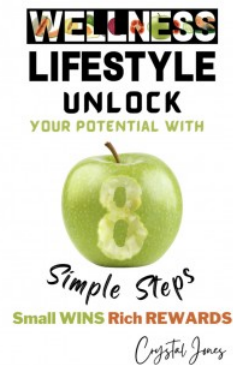
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