

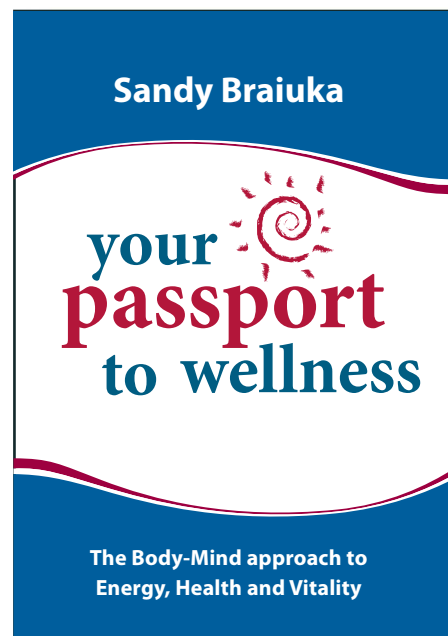
Would You Like a Life of Energy, Health and Vitality?

Respected naturopath and experienced health educator, Sandy Braiuka, shares her simple but effective strategies for enjoying a lifetime of health, energy and vitality in her new book, Your Passport to Wellness.

Sandy combines commonsense with insight, blending recent discoveries in mind-body medicine with established nutritional knowledge, to produce a winning formula for wellness. Your Passport to Wellness is an invitation to commit to wellness as a life project. This is essential reading for anyone serious about pursuing a lifetime of health, energy and vitality.

You will learn about:

- ☀ A healthy, no-diet diet plan
- ☀ The importance of exercise, relaxation and meditation
- ☀ Simple, no-fuss recipes that can be prepared quickly
- ☀ The significance of mind, thoughts and emotions in wellness and disease
- ☀ Eight Easy Ways to Wellness



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