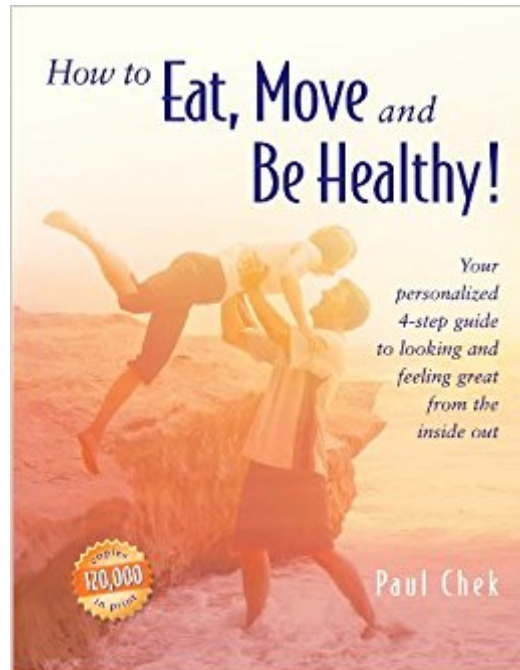




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# How To Eat, Move And Be Healthy!



## Synopsis

You are unique! The way we respond to food, exercise and stress varies person-to-person just as much as our fingerprints. This book will identify YOUR individual needs and teach you how to address issues that may be preventing you from looking and feeling your best. Follow this proven four-step program that has helped thousands of people look and feel their best. Step 1. Fill in the Questionnaires. Step 2. Develop a Unique Eating Plan for YOU. Step 3. Build a Personalized Exercise Program that Fits YOUR Needs. Step 4. Fine-tune a Healthier Lifestyle that Fits YOUR Routine. Whether you want to lose weight, change your body shape, overcome a health challenge, or optimize an already healthy lifestyle, this book will teach you how to achieve all your goals!

## Book Information

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## Customer Reviews

"This book will be called the 'bible' of movement and nutrition." --Eric Serrano, M.D.

As a Holistic Health Practitioner, Neuromuscular Therapist and corrective exercise specialist, Paul Chek has developed a unique approach to wellness and education that ties in concepts from each of these fields. By treating the body as a whole system and finding the main cause of a problem, Paul has been successful where traditional methods have consistently failed. He founded the C.H.E.K Institute in California as a focal point for the education of elite health and exercise professionals. The C.H.E.K Institute runs four advanced certification programs and provides numerous training videos and courses to students worldwide. An internationally acclaimed presenter and consultant, Paul's clients have included: the Los Angeles Chiropractic College,

Johnson & Johnson, the conditioning staff of the Chicago Bulls, Australia's Canberra Raiders, the US Air Force Academy, professional and amateur athletes from a variety of sports, as well as numerous rehabilitation clients. Paul is a contributing writer to many industry publications and websites and has authored several books, including The Golf Biomechanics Manual and Movement That Matters.

Never used this. It put me onto Nutritional Ketosis by requiring the reader to first resolve fungus/internal flora issues. KETO diet did it for me! I also eliminated wheat, along with foods from the 'Nightshade Food Group' < search that food group if you have joint pain !!! Good luck on your optimal health journey.

If you are interested in holistic health, then this is the right book for you. I was initially turned off by the textbook approach to health, but once I started finding useful principles that I could actually apply, I knew the purchase was worth it. The information is presented in a very matter of fact type of way and I've been fortunate to have it dispel many of the myths regarding health that I've accepted as true over the years. I'm no longer wasting my time with fad diets and counting every calorie in every meal. Who has time for that? I am constantly learning to understand my body and give it what it needs (which is not always what it wants), when it needs it. Some topics could go more in depth, but then the book would likely need a Part II. This book is for anyone looking to learn about overall health and why certain things will (and will not) work for the body based on your specific eating habits/type. Highly recommend!

This is a fantastic resource for anyone who wants to get some healthy movement in, but is in a healing mode, or doesn't want high intensity/high impact workouts. I absolutely LOVE Paul Chek and his work.

Paul Chek explains the concepts in a very simple yet detailed and advanced way.

Great place to start. Forget the fads and trends. This stuff works.

WOW...awesome eye opener!!!

Learning from Paul himself in his profound book, How to Eat, move, and be Healthy! Is a great

resource for anyone who wants a foundation of good health and vitality. Also to have an understanding how to become your own true self an enlightened self in your own life. It's worth a buy. Love it!

It's an ok beginners book for living a healthy lifestyle. If you are already in the nutrition/fitness industry already, then the book is not that useful.

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