

## The Genie Food-Health Journal (Paperback)



Filesize: 6 MB

### **Reviews**

*This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.*

*(Alfreda Bradtke)*

## THE GENIE FOOD-HEALTH JOURNAL (PAPERBACK)



To save **The Genie Food-Health Journal (Paperback)** eBook, make sure you access the web link beneath and download the ebook or gain access to additional information that are relevant to THE GENIE FOOD-HEALTH JOURNAL (PAPERBACK) ebook.

Blurb, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This is a weekly HEALTH-FOOD journal that will transform your life from sick and tired and overweight to healthy, energetic and lean! I created this food journal to help my clients be their own health detective and connect the dots to how their current health state connects to what they are doing in their daily lives at the very basic level of food, movement, exercise, supplements and stress reducing techniques. My clients LOVE this little journal SO MUCH that I thought I d make it available for others to use. This journal is small and each book has 1 week s worth of pages (7 days) so that it is light and easy to carry with you at all times. As you record your health in it everyday, you will eventually have THE most thorough and helpful health history of your amazing body (lots of my clients take it to their doctors appointments so their physicians get a better idea of their health. EACH DAY contains recording space for: -- Sleeping habits and analysis of those habits. -- Chronic stress relieving techniques such as meditation, journaling, movement, time in nature etc. -- Exercise log -- Writing down what you ate and, most importantly, how you felt after eating that specific meal. -- A page for listing your current supplements and medications -- Metrics of hormone balance such as hunger, energy, and cravings. -- Bowel movements (extremely important) -- Gratitude -- And a daily CHECK-IN so that you can reconnect with yourself Getting healthy is not about dieting, even though the food you decide to eat has a huge effect on your health. Getting healthy is also not about how much you exercise, even though movement...



[Read The Genie Food-Health Journal \(Paperback\) Online](#)



[Download PDF The Genie Food-Health Journal \(Paperback\)](#)



[Download ePUB The Genie Food-Health Journal \(Paperback\)](#)

## Other Kindle Books



**[PDF] Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)**

Click the hyperlink listed below to download "Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)" PDF file.

[Read eBook](#)

»



**[PDF] Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!**

Click the hyperlink listed below to download "Hands Free Mama: A Guide to Putting Down the Phone, Burning the To-Do List, and Letting Go of Perfection to Grasp What Really Matters!" PDF file.

[Read eBook](#)

»



**[PDF] Do Monsters Wear Undies Coloring Book: A Rhyming Children s Coloring Book**

Click the hyperlink listed below to download "Do Monsters Wear Undies Coloring Book: A Rhyming Children s Coloring Book" PDF file.

[Read eBook](#)

»



**[PDF] Dog Farts: Pooter s Revenge**

Click the hyperlink listed below to download "Dog Farts: Pooter s Revenge" PDF file.

[Read eBook](#)

»



**[PDF] Read Write Inc. Phonics: Purple Set 2 Storybook 1 Ken s Cap**

Click the hyperlink listed below to download "Read Write Inc. Phonics: Purple Set 2 Storybook 1 Ken s Cap" PDF file.

[Read eBook](#)

»



**[PDF] Read Write Inc. Phonics: Pink Set 3 Non-Fiction 1 Jay s Clay Pot**

Click the hyperlink listed below to download "Read Write Inc. Phonics: Pink Set 3 Non-Fiction 1 Jay s Clay Pot" PDF file.

[Read eBook](#)

»

**[PDF] Who am I in the Lives of Children? An Introduction to Early Childhood Education**

Click the link below to download "Who am I in the Lives of Children? An Introduction to Early Childhood Education" PDF file.

[Save Document](#)

»

**[PDF] Good Tempered Food: Recipes to love, leave and linger over**

Click the link below to download "Good Tempered Food: Recipes to love, leave and linger over" PDF file.

[Save Document](#)

»

**[PDF] History of the Town of Sutton Massachusetts from 1704 to 1876**

Click the link below to download "History of the Town of Sutton Massachusetts from 1704 to 1876" PDF file.

[Save Document](#)

»

**[PDF] Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer**

Click the link below to download "Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer" PDF file.

[Save Document](#)

»

**[PDF] TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)**

Click the link below to download "TJ new concept of the Preschool Quality Education Engineering: new happy learning young children (3-5 years old) daily learning book Intermediate (2)(Chinese Edition)" PDF file.

[Save Document](#)

»

**[PDF] Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12**

Click the link below to download "Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12" PDF file.

[Save Document](#)

»