

Holistic Insights for Everyday Wellness (Paperback)

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Reviews

This is the finest book i have got go through right up until now. I have got read and i also am confident that i am going to planning to read once again yet again in the future. You will not truly feel monotony at at any time of the time (that's what catalogs are for about if you check with me). **(Taylor Medhurst)**

HOLISTIC INSIGHTS FOR EVERYDAY WELLNESS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Are you looking for more ways to become healthier, happier, and less stressed? Are you interested in using a holistic approach to optimal wellness and vitality? This book contains articles written for the sole purpose of helping you to improve your life and wellbeing. It is time to educate yourself and keep feeling your best. Carlo St. Juste, L.Ac is a licensed acupuncturist in the State of California. He has a background in Traditional Chinese Medicine and expertise in neuromusculoskeletal conditions, stress management, and overall wellbeing. He helps patients everyday become stronger and healthier individuals.

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