



21 Daily Habits for Healthy Women: Prevent Heart Attack, Lose Weight, and Regain Confidence

Dr. Arcoma González Lambert

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Dr. Arcoma Gonzalez Lambert, practiced as a licensed naturopathic doctor for almost ten years. She takes you by the hand and leads you through the process of changing little behaviors every day, in small achievable ways, which will affect the total outcome of your health. She answers the pertinent questions so that you feel confident making changes, assessing the success of the changes, and what the outcome should be. She is like having a best friend who is hand-in-hand helping through the process. The 21 daily habits are presented in a BODY POSITIVE model. This allows you to know what the benefits of each change are before you undertake them. It gives you confidence in the changes you will see in your wellbeing.

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