



Total Renewal

Frank Lipman

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In terms of health, most of us live at 50 percent of our capacity. *Total Renewal* takes us the rest of the way there.

To varying degrees, we all suffer from digestive disorders, low-grade toxicity, or fluctuating blood sugar levels. While not ballooning into full-fledged diseases, these conditions limit our enjoyment of life and prefigure illnesses that loom in our future. Consisting of seven steps, Dr. Frank Lipman's Total Renewal Program is the key to reversing the unhealthy habits and poor functioning that we have slowly developed and accepted over the course of our lives. The program replaces them with new behaviors that leave us stronger, healthier, and more durable.

Dr. Lipman's seven steps are:

1. Take **Responsibility** for Your Health and Well-Being
2. **Remove** Toxins and Decrease Your Total Load
3. **Recognize** Your Unique Diet
4. **Replenish** Nutrients and Balance Hormones
5. **Release** Tension and Relieve Stress
6. **Revitalize** with a Detox
7. **Reconnect** to Yourself, Others, and Nature

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From reader reviews:

Dorothy Trimm:

Have you spare time to get a day? What do you do when you have more or little spare time? Yep, you can choose the suitable activity regarding spend your time. Any person spent all their spare time to take a stroll, shopping, or went to typically the Mall. How about open or perhaps read a book called Total Renewal? Maybe it is to get best activity for you. You realize beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with its opinion or you have additional opinion?

Rhonda Silva:

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