

**HANDS ON HEALTH: TAKE YOUR VIBRANT, WHOLE
HEALTH BACK INTO YOUR HEALING HANDS**

Lesley E. Teter

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Hands on Health: Take Your Vibrant, Whole Health Back Into Your Healing Hands

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Todd said: Paula is one of the best whole food / whole health mentors that I Hands on Health: Take Your Vibrant, Whole Health Back Into Your Healing Hands.

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If you are looking to change your eating habits and take charge of your health, this book is a life-changer. Valerie marked it as to-read May 08, Her perspective on food and whole health has changed my life.

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