



True Health: Never Underestimate your God-given potential.

Dr Aaron D. Tressler

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Your body was designed by God to function at 100% and heal itself without the use of medication. True Health comes from within, not from medication or anything man can create. Learn how to regain and keep your health. True Health will guide you through our modern day health system, showing you its devastating downfalls and how to overcome them with everything from powerful nutrition to strength-building and weight reducing exercises that are really fun. This book also gives you a clear understanding of chiropractic and how to apply its common sense principles to unlock the God-given healing potential that lives within you. Trade in a life of medical dependency and health bankruptcy for a vibrant life full of passion, energy, and purpose. This simple and entertaining format will keep you interested and inspired while offering hope through ideas and steps that are easy to implement.



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Wanda Stamper:

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