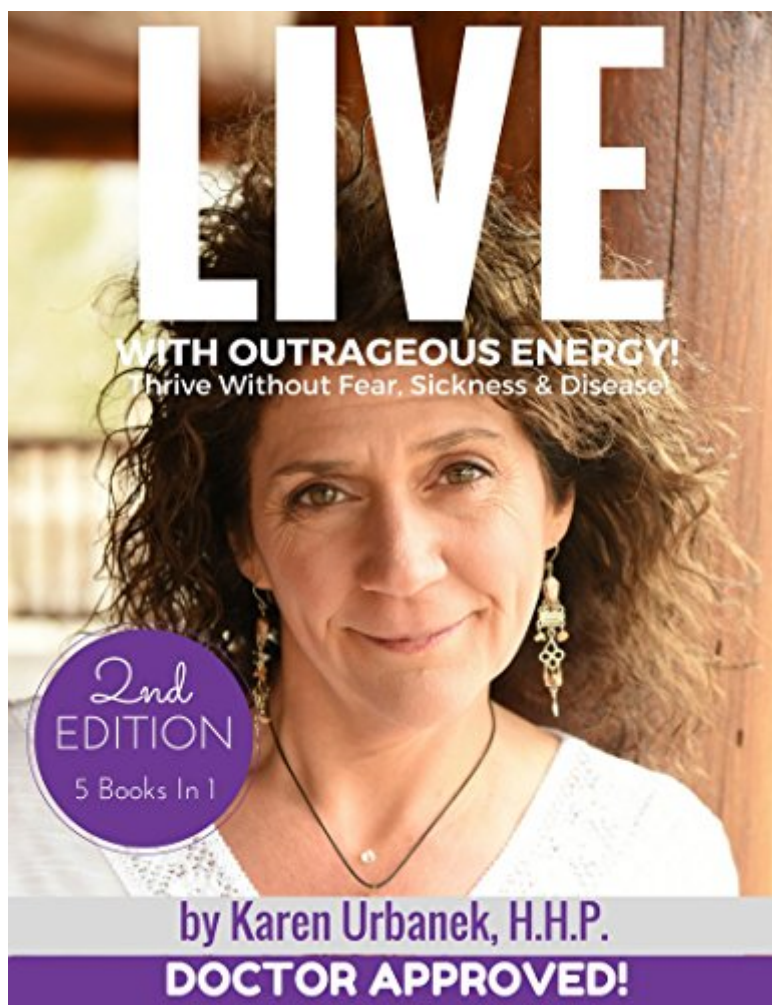


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# LIVE With Outrageous Energy! Thrive Without Fear, Sickness Or Disease!



## Synopsis

If you are searching for that ONE BOOK that explains how cells function, how organs glands and tissues work, how vitamins, minerals and foods "feed" cells, how to cleanse, detoxify and rebuild your body, how to eliminate dis-ease, and chapters on sex, frequencies, EMFs, natural health tips, toxins in the house and so much more, THIS IS THE ONE BOOK YOU NEED! Live With OUTRAGEOUS Energy! Thrive Without Fear, Sickness & Disease is packed with highly researched, educational material that will inspire anyone of any age to restore health and vitality! LIVE! (the book's abbreviation) is a must-read loaded with charts, graphs, pictures, illustrations, and a lot of humor and stories giving the reader a desire to keep turning the page. Sickness and disease will become things of the past as you take the steps outlined in this book to restore cell integrity. But be warned, you will fall in love with Cosmos, the book's mascot! LIVE! is guaranteed to motivate, educate, and inspire the reader to take action. Get ready to claim back your health and your life...and LIVE! "Action-oriented, philosophical, and motivating, Karen offers her experience and wisdom in this extensive book to inspire you, the reader, to transform your life and the lives of those you love. Commit to this book with courage and faith to strengthen and deepen your connection to your body, your spirit, and your life; to achieve cellular transformation, vibrant health, and unlimited energy; and to realize your potential and destiny. Make your metamorphosis complete as you intentionally apply this joyous and love-filled book and live your life with gratitude, peace, and serenity!"

—Wade Mauland, Ph.D. Professor of Education, Ottawa University (Just one of many testimonies found in the front of LIVE! from medical and naturopathic doctors and nurses of many fields of study!) You CAN live with energy and never be sick again! Just click, download, and start your health transformation TODAY! Just who is Karen? Karen Urbanek has studied and practiced health and nutrition for decades and is on FIRE to improve the world's health through EDUCATION! Karen is the creator and lead Instructor of the Therapeutic Nutritional Counselor (TNC) certification offered worldwide, an author, Holistic Healthcare Practitioner, and raw food chef. With support and help from their amazing family, Karen and her husband Roger owned Karen's Holistic Health & Wellness Centers, two Organic Cafes and Natural Grocery Stores. Today, she is a sought-after keynote speaker, presenting Live with OUTRAGEOUS Energy: Never be Sick Again to tens of thousands of individuals along with numerous health and nutrition classes. Karen loves to spend time with her remarkable family (as mother to ten), bike the great outdoors, and to play in the kitchen. Look for her amazing recipe book with over 700 recipes, including recipes from their cafes: Living in Rawality: A Recipe Book for the Living and the Dead! (Living and Dead Food That is!)

## Book Information

File Size: 19558 KB

Print Length: 341 pages

Publisher: Karen's Holistic Health and Education; 2 edition (August 29, 2017)

Publication Date: August 29, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B0757K6K2L

Text-to-Speech: Not enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #116,598 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #29

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## Customer Reviews

This is an incredible book! The description is so right, it is jam packed with so much valuable information. It written in a way that is easy to comprehend and to apply it in your own life. One of the chapter's is titled,"The thunderstorm in the Brain and your electric box: The nervous system" and it is as intriguing as it sounds!! I am so grateful for all the information that this book has to offer!! We definitely know that one ounce of prevention is worth more than many pounds of cure. This book does give many ways to help prevent diseases and if your sick there is also a tone of information that will help you heal from the diseases. I also love that it has a lot science in it, and how the body works. I can tell that much research and studying went into this book.

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