



BODYWISE DISCOVERING YOUR BODY S INTELLIGENCE FOR LIFELONG HEALTH AND HEALING









bodywise discovering your body pdf

Online resources WEBSITES LIVE CHATS NEWSGROUPS MAILING LISTS OTHER COOL STUFF. Websites: * = includes focus on families/parents eating issues/body image/body empowerment:

Resources - Body Positive

Hi there! I'm no nutritionist but I wouldn't recommend the steak and eggs diet for your age bracket and goals – I'd guess this particular diet is for people that want to lose the fat quickly for an event (bodybuilding, acting etc) or something.