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Holistic Lifestyle: A Layman's Guide to Eating and Living Your Way to Better Health and Happiness

Anne Hunt

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"Diets, like clothes, should be tailored to you." Holistic Lifestyle: A Layman's Guide to Eating and Living Your Way to Better Health and Happiness This is the guide that you have been waiting for, dreaming of and desperately needing to put you on a path to eating healthy that utilizes a simple program that you set up and then watch week by week the pounds vanish and your energy increase. It was created out of necessity and desperation. My husband had to have open heart surgery when he turned 42. He also had four subsequent stent placements. After the last one he decided that he wanted to change his life to become healthier. So, the two of us went on a quest to find some magic plan to become healthier that we could actually live with. He did not want to eat tofu, nuts and twigs and I did not want to have to be a gym rat. We searched for a plan that would fit our lifestyle. But, nothing really seemed right for us or gave enough instructions to cover everything. What to do? Being a nurse, massage therapist, Reiki Master and Clinical Aroma Therapist I knew about many different modalities that influence our health. But, nothing seemed to pull it all together in one nice and easy to follow format. That was the beginning of this journey. I wanted a resource book that looked at everything, diet, exercise, stress management/reduction, how to cook, what to cook, what to wear, what to clean my house and body with, in a word one manual that encompassed all aspects of life to obtain mental, physical and spiritual health. This is a little bit about everything. I do not claim to be an expert on life or how to live it. What I have done is compiled all the things that have helped me in the past and that continue to help me to improve myself and my health. My goal was to have a resource guide that contained everything that I would need in order to obtain optimal health. - Anne Hunt

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