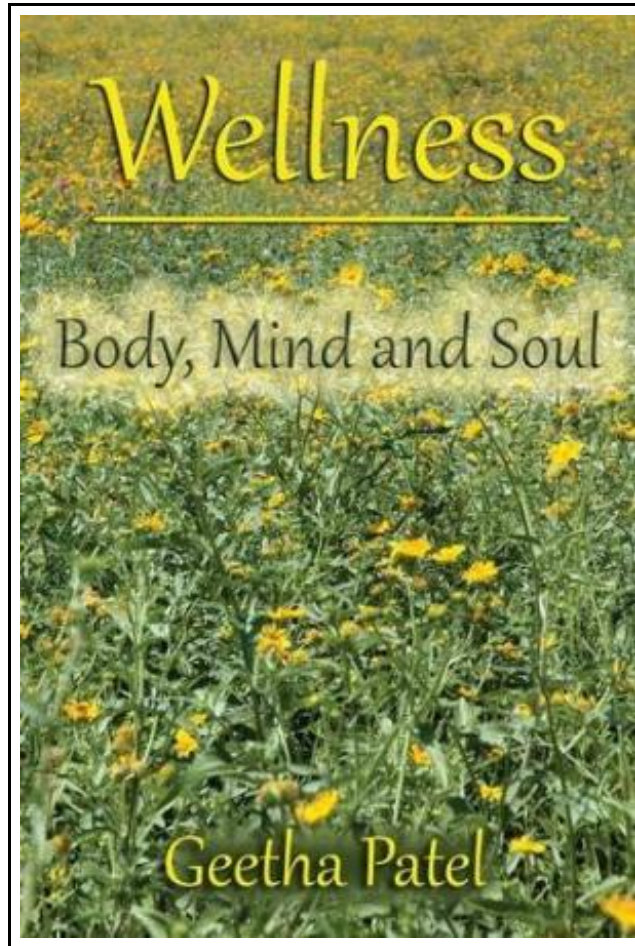


## Wellness (Paperback)



Filesize: 4.31 MB

### ***Reviews***

*It is just one of the best publications. This can be for anyone who states that there was not a well worth reading through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

*(Tara Jerde)*

## WELLNESS (PAPERBACK)



Sunstone Press, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is the product of the author s curiosity regarding the secrets behind good health and well being of a person even after the age of seventy. She was inspired by her neighbor s zest for life and her positive attitude during her advanced years. This prompted her to interview many seniors in Canada and in India to find out the secret to their well being and she found six most common elements. Even though the book starts with these, it also reveals interesting natural remedies used to cure some unique and simple ailments, the medicinal value of some herbs and spices, beauty and hair treatments and face masks used when Geetha was growing up, and then concludes with some healthy vegetarian and non-vegetarian recipes. A fascinating component of this book is the real life stories from the author s experiences. Useful for young and old, men and women. \* \* \* \* Geetha Patel is an Indo-Canadian and a retired school vice principal from the Toronto Catholic District School Board. Her faith, her positive and grateful attitude towards life, her passion for writing, and her active and healthy life style have been the factors responsible for her well being. She introduces readers of her book to some of the ancient customs practiced by her community in South India and the benefits of those practices.



[Read Wellness \(Paperback\) Online](#)



[Download PDF Wellness \(Paperback\)](#)

## Other PDFs

---



### **Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)**

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.From a certified teacher and founder of an online tutoring website-a simple and...

[Save Book »](#)

---



### **Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online (Paperback)**

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their...

[Save Book »](#)

---



### **History of the Town of Sutton Massachusetts from 1704 to 1876 (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This version of the History of the Town of Sutton Massachusetts...

[Save Book »](#)

---



### **To Thine Own Self (Paperback)**

Dog Ear Publishing, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Carefree and self assured Carolyn loves her life. Her uncle runs...

[Save Book »](#)

---



### **How to Make a Free Website for Kids (Paperback)**

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter...

[Save Book »](#)