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Eat, Move and Be
Healthy by Paul Chek.
3. Paul was one of the
first to popularize the
idea that sleep quality
is equally as important

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Your Personalized

as sleeping enough hours. What this means is getting to bed early enough, sleeping in a dark room and keeping electrical devices away from you while you sleep.

How to Eat, Move and Be Healthy!: Paul Chek: 9781583870129

...

So every day, the idea

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is to eat different foods from different taxonomies, and vary your sources (e.g. shop at different stores, markets, different cuts of meat, etc).

Following this diet isn't always easy, especially when you eat out or grab a bite to eat with friends. So I stick with the 80-20 plan.

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Develop an eating plan
that's right for YOU.

Build a personalized
exercise program that
fits YOUR needs. 4

Fine-tune a healthier
lifestyle that fits
YOUR routine.

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Be Healthy is a

reference book from
Paul Chek that is full
of advice on how to
live the healthiest life
possible. In this book,
secrets are revealed
that were formerly

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90 How to Eat Move
and Be Healthy! 5

Rhomboids (muscle
between shoulder
blades) • Kneel in
front of a Swiss ball
and place your el-bow
on the ball. • Bring
your arm across your
body as it rests on the

thank-you-how-to-eat-
move-and-be-healthy-
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"Indeed. Let's take you for example. I see in your chart that your doctor has asked you to reduce red meat, trim the fat off other meats, skin your chicken, and he also suggests you try to eat more good carbohydrates in order to lower cholesterol, blood pressure and body fat percentage.

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YOU. Step 3. Build a

Personalized Exercise

Program that Fits

YOUR Needs. Step 4.

Fine-tune a Healthier

Lifestyle that Fits

YOUR Routine.

How to Eat Less, Move

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More & Lose Weight
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Modern medicine and
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Modern medicine is
entering a new level of
development. Science
is already developing
new technologies and
in the near future
nanorobots, left-
wound and right-
wound isomers,
magnetic hospitals will

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monitor health.
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How to Eat, Move and
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1 | Article ...

To eat less and move
more to lose weight
may sound like stating
the obvious. But for
most people to eat less,
to move more and to
lose weight all sound
more like the
impossible – goals

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they've been dreading.

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new introduction by
the author, covering
his 4-Doctor approach
to help you
successfully implement
the strategies in the
book.

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Take small steps each
week to improve your
nutrition and move

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toward a healthier you. Eight Healthy Eating Goals. Small changes can make a big difference to your health. Try incorporating at least six of the eight goals below into your diet. Commit to incorporating one new healthy eating goal each week over the next six weeks.

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secrets previously
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