

SLENDER ME

Naturally

**Natural Weight
Control...**

**LET'S SHAPE UP AND
FEEL GREAT
WITH THIS
BALANCED
APPROACH
TO WELL-BEING!**

By the
WORLD FAMOUS AUTHOR, LECTURER
AND CLINICAL NUTRITIONIST

**DR. BERNARD
JENSEN**



**NATURAL BEAUTY
BOOK BONUS
Included**

Slender Me Naturally

Dr. Bernard Jensen



Slender Me Naturally:

Visions of Health Dr. Bernard Jensen, 1991-09-01 For over one hundred years researchers have studied the links between health and the patterns colors and textures of the iris In the United States Dr Bernard Jensen brought the art of reading the iris into the twentieth century In *Visions of Health* Drs Jensen and Bodeen describe the basics of iris analysis in easy to understand language with dozens of illustrations and color photos as well as charts for reading your own eyes and those of friends They believe that with this book in hand you can recognize weaknesses in the iris and adjust your lifestyle to achieve optimum health

Slender Me Naturally Bernard Jensen, 1986-06-01 *Foods That Heal* Dr. Bernard Jensen, 1988-08-01 In *Foods That Heal* Dr Bernard Jensen uses the teachings of Hippocrates and VG Rocine as well as his own research and theories to offer compelling evidence that what we ingest has a profound effect on our health and wellbeing Part One may change the way you look at your next meal The section contains a host of helpful troubleshooting advice health cocktails for common ailments herbal teas tonics vitamin and mineral packed food combinations and detailed data on the roles foods play in the optimum efficiency of specific bodily systems functions and overall health Part Two provides an easy to understand guide to fruits and vegetables Each listing in this section presents a history of use a buyer s guide therapeutic benefits and nutrient information Part three contains easy to prepare recipes utilizing the *Foods That Heal* Each recipe makes use of the freshest and most natural ingredients ingredients that are not processed or altered by chemical preservatives food colorings or additives Both those looking to improve their health and those interested in taking an active role in enhancing their overall wellbeing will find this book interesting informative and full of common sense suggestions for attaining good health through proper nutrition

Essays on Natural History Charles Waterton, Norman Moore, 1871 **The Wiltshire Archæological and Natural History Magazine** ,1879 **The Annals & Magazine of Natural History** ,1888 *The Wiltshire Archaeological and Natural History Magazine* ,1879 Includes proceedings of the annual general meetings of the Wiltshire Archaeological and Natural History Society *Proceedings of the Academy of Natural Sciences of Philadelphia* Academy of Natural Sciences of Philadelphia, 1896 Publications of the Academy of Natural Sciences of Philadelphia v 53 1901 p 788 794 **Proceedings of the Boston Society of Natural History** Boston Society of Natural History, 1899 *Annals & Magazine of Natural History* ,1890 **Proceedings and Transactions of the Natural History Society of Glasgow** ,1890 **The Annals and Magazine of Natural History** ,1889 **Glimpses of the Animate World; Or, Science and Literature of Natural History** ,1885 *Proceedings of the Natural History Society of Dublin* Natural History Society of Dublin, 18?? **The Natural History of Plants** Anton Kerner von Marilaun, Mary Frances Macdonald, 1895 *The Universal Anthology* Richard Garnett, 1899 *Proceedings of the Davenport Academy of Natural Sciences* Davenport Academy of Natural Sciences, 1899 **The annals and magazine of natural history, zoology, botany and geology** ,1893 *Transactions of the Hertfordshire Natural History Society and Field Club* Hertfordshire

Natural History Society and Field Club, 1882 The Annals of Scottish Natural History John Alexander Harvie-Brown, James
William Helenus Trail, William Eagle Clarke, 1899

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