



# The Power of 4: Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life

*Paula Owens*

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# **The Power of 4: Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life**

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THE POWER OF 4 is a must read to experience your highest level of health, and look and feel your best ever. The four powers include nutrition, lifestyle, exercise and supplements. One of the author's secrets for permanent fat loss, reversing and preventing disease and achieving life-long health is to implement two healthy changes each week. Every week the reader adds two more healthy habits. These small changes create long-term transformation to become the healthiest version of yourself.

Discover health, vitality, longevity and fat loss secrets in The Power of 4:

- \* Natural hormone balancing
- \* Winning the war on adrenal fatigue
- \* Tips to manage stress
- \* How to change your thought process
- \* Overcoming insomnia
- \* Identifying and healing digestive issues
- \* The top supplements for optimal health
- \* Affirmations to achieve a life you'll love
- \* The importance of the breath and healing therapies
- \* The best exercises for fat loss, hormone balance and a healthy body
- \* Ingredients to avoid for health, vitality, longevity and fat loss
- \* Natural modalities for aging well and eliminating common health complaints

## REVIEWS

"Perhaps the most remarkable thing about Paula's book is that it took so long for someone to transpire all of this information to share with the public," said Harry O. Eidenier Jr., Ph.D. "I sincerely believe this book should be used as a text in any institution of higher learning where the student is pursuing a degree in nutrition, exercise physiology or dietetics."

"If you want practical, scientific and up-to-date information that will transform your health and your life, then add this incredible book by Paula Owens to your personal library." ~Mark Houston, MD MS FACP FAHA Author "What Your Doctor May Not Tell You About Hypertension"

"The Power of 4 provides truthful solutions for well-being, fat loss and total health." ~Eric Serrano, M.D. Serrano Family Practice

"The Power of 4 is a very informative book on how to navigate the challenges that are associated with today's lifestyles. Paula provides insight, experience, and opportunities to create better health. Her research and experience gives unique insight that motivates one to recapture their optimal wellness. I recommend The Power of 4 to my new patients in an effort to empower them to feel better as quickly as possible." ~Dr. Steve Osterhout, D.C. Specialized Family Chiropractic, Kalamazoo, MI

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### **From reader reviews:**

#### **Paul Kline:**

The book *The Power of 4: Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life* gives you the sense of being enjoy for your spare time. You may use to make your capable far more increase. Book can to be your best friend when you getting pressure or having big problem together with your subject. If you can make studying a book *The Power of 4: Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life* for being your habit, you can get considerably more advantages, like add your own personal capable, increase your knowledge about some or all subjects. It is possible to know everything if you like open and read a guide *The Power of 4: Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life*. Kinds of book are a lot of. It means that, science reserve or encyclopedia or some others. So , how do you think about this book?

#### **Phyllis Greenfield:**

Now a day those who Living in the era where everything reachable by talk with the internet and the resources inside it can be true or not involve people to be aware of each facts they get. How a lot more to be smart in getting any information nowadays? Of course the answer then is reading a book. Examining a book can help persons out of this uncertainty Information mainly this *The Power of 4: Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life* book because this book offers you rich facts and knowledge. Of course the details in this book hundred % guarantees there is no doubt in it you know.

#### **Adelina Thompson:**

Is it a person who having spare time then spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something new? This *The Power of 4: Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life* can be the solution, oh how comes? It's a book you know. You are therefore out of date, spending your time by reading in this brand-new era is common not a nerd activity. So what these textbooks have than the others?

#### **Kristen Hancock:**

As a university student exactly feel bored for you to reading. If their teacher asked them to go to the library or make summary for some publication, they are complained. Just very little students that has reading's spirit or real their interest. They just do what the teacher want, like asked to the library. They go to generally there but nothing reading seriously. Any students feel that studying is not important, boring along with can't see colorful pics on there. Yeah, it is being complicated. Book is very important for you. As we know that on this time, many ways to get whatever you want. Likewise word says, ways to reach Chinese's country. Therefore , this *The Power of 4: Your Ultimate Guide Guaranteed to Change Your Body and Transform Your Life* can make you feel more interested to read.

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