



Real Health, Real Life

Jillian Lambert MS

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Life is not perfect, yet we strive to be. When we feel imperfect, life becomes uncomfortable. To escape, we find various ways to 'numb out.' "Real Health Real Life," addresses the physical, mental, emotional and spiritual aspects of wellness. Not only is it filled with helpful wellness techniques, but also contains real life experiences. By sharing her own real life experiences, the author shows you how to get back on track with your body, yourself and your life! Real Health, Real Life is divided into 3 sections. Section 1 starts with holistic nutrition, different ways of eating, juicing and internal cleansing. Section 2 deals with fitness and metabolism. Physical fitness is blended with mental fitness; empowering the mind, body and spirit. Section 3 is about wellness. This includes emotional health, relationships, Ego Love vs Real Love, spirituality, honoring, loving and valuing yourself, and more! When it's all said and done, "Real Health Real Life," offers valuable wellness techniques, and helps you 'get real' with your body, yourself and your life!

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