



From Leaf to Life: Unlock the Secrets to True Health

Sebastian Liew

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'I'm not sick but I'm not well.' Does this sound familiar? I have known many people who are on a litany of medications. Yet they are still not functional: they lack energy and passion as well as the optimal physiological functioning for them to lead purposeful and loving lives. This is a book that you will cherish as a handbook for your lifetime pursuit of total wellness. Discover the essentials to: Create an inner world for true health Treat and prevent diseases through drug free principles Restore your inner peace Look and feel 20 years younger Triumph over fear and anxiety Discover your true self From Leaf to Life distils the essence of true health into the 9 Credos and the 7 Sacred Letters of Wellness. They offer simple, yet vital and powerful principles and therapies, which will enable you to create the conditions for your body to heal itself, so that you can thrive successfully in an increasingly stressful and toxic world.

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