

About This

EAT HEALTHY TO BE HEALTHY: Your Food and How It Gets to You

Program

"Eat Healthy to Be Healthy" is Wholistic Health Expert, Nancy Lee Bentley's Part One of her comprehensive, empowering "Find Your Own Road Map to Health" program.

"Eat Healthy to Be Healthy: Your Food and How It Gets To You" is Part One in a Three Part Series in the "Find Your Own Road Map to Health" Program, giving you the understanding, the foundation for what you need to naturally and successfully develop your own customized "whole and healthy" program, easily and economically, even if you have no formal training or knowledge in the health field per se.

What's exciting about this program is not just that it truly is possible to find your own way and your own road map to health, no matter "where you're at."

You know what's even more exciting and encouraging? By making a commitment to, developing and following through with your plan for improving your own health, you almost automatically assure an improvement in the health of your family AND the whole planet, as well.

How can this be? You've heard the phrase "Think Global, Act Local", right?

Or have you seen the movie "Six Degrees of Separation"?

Many of us are starting to see and realize that, despite our many differences, we're ALL connected and really ONE at core levels...

Even physicists have confirmed this through their research and studies into quantum mechanics/physics.

At the same time, we also acknowledge the truth that "If it is to BE, it's up to ME".

In other words, change starts right here with each of us. We really can only change ourselves,

But by doing so, we can and do impact (in many ways) not only those others around

and connected to us in 3-D, including our family and relationships, but ultimately all life everywhere on the planet.

This is just one of the exciting aspects of this dynamic and empowering self-study program, starting with Part One, "Eat Healthy to Be Healthy: Your Food and How It Gets To You."

Program: Find Your Own Road Map to Health

Part 1: Your Food and How It Gets to You: Eat Healthy to Be Healthy

Part 2: Nutrition and Nourishment: Listen to Your Body

Part 3: Health and Healing: Listen, It's Really NOT about What You're Eating