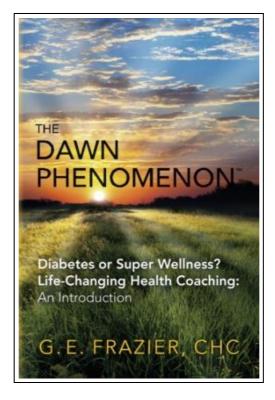
# The Dawn Phenomenon: Diabetes or Super Wellness? Life Changing Health Coaching an Introduction (Paperback)



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(Michale Beier I)

## THE DAWN PHENOMENON: DIABETES OR SUPER WELLNESS? LIFE CHANGING HEALTH COACHING AN INTRODUCTION (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.On November 17, 2011, during a routine checkup, G. E. Frazier was stunned when his doctor informed him that he was diabetic and his diabetes was out of control -implying it was a problem to be managed by taking prescription drugs for the rest of his life. In researching his diagnosis, he learned that there are at least four types of diabetes.and then there s the dawn phenomenon, a common survival mechanism of the human body. In The Dawn Phenomenon, Frazier chronicles his remarkable journey from tax accountant to certified health coach, beginning by curing his own diabetes in nine weeks with nutrition and exercise. This life-altering book introduces a new wellness paradigm. It says that disease does not cause poor health; rather, poor health causes disease. It insists that disease is not a deficiency of prescription drugs, as Big Pharma would have you believe. Using humor to engage the reader, the book looks beyond diabetes to general health and wellness. It identifies the so-called healthy habits you should break and the new habits to replace them with, encouraging you to take charge of your own health.

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