



Love Yourself, Back to Health!: My Body Was Slowly Dying. I Ditched My GP, Took to the Internet, Learned How to Fix Myself and Lost Over 2 Stone in Weight - With Life

By Lisa Sones-Peck

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you've ever left your GP's office crying tears of frustration, then this book is for you! Crippling joint pain, crashing fatigue and mind-numbing brain fog were just three of my 30+ symptoms when I requested a full blood test at my Doctor's appointment. It came back normal. NORMAL!!! It couldn't be right - I knew I was ill and I was getting worse by the day. I demanded a printout, walked out and sat shaking in my car for the next five minutes when I saw eleven, yes ELEVEN asterisks warning that I was either over or under the expected range in those tests indicating that things were far from Normal!! I drove home crying tears of frustration, got on my laptop and started the journey that has taken several years of research, trial and error self-treatments, books, supplements, gluten and dairy free diets and even illegal medication off the internet to get to the point where I can say I'm fixed!!! I am now pain free, have good energy levels and have lost a significant...



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