

*Illuminate Your Best Life! Practical Spirituality
Tools from Today's Wisdom Teachers*

Simple Everyday Tips for Extraordinary Health

By Julie Schroeder

Healing your digestion

Artificial sweeteners, colors, and flavors

Effects of dehydration

Organic and whole?

Sugar

Importance of greens

The right kind of fat

Truth about dairy

Damaging cooking processes

Send an email to julieschroeder58@gmail.com to request Julie's free report:
"Simple Tips to an Extraordinary Life"