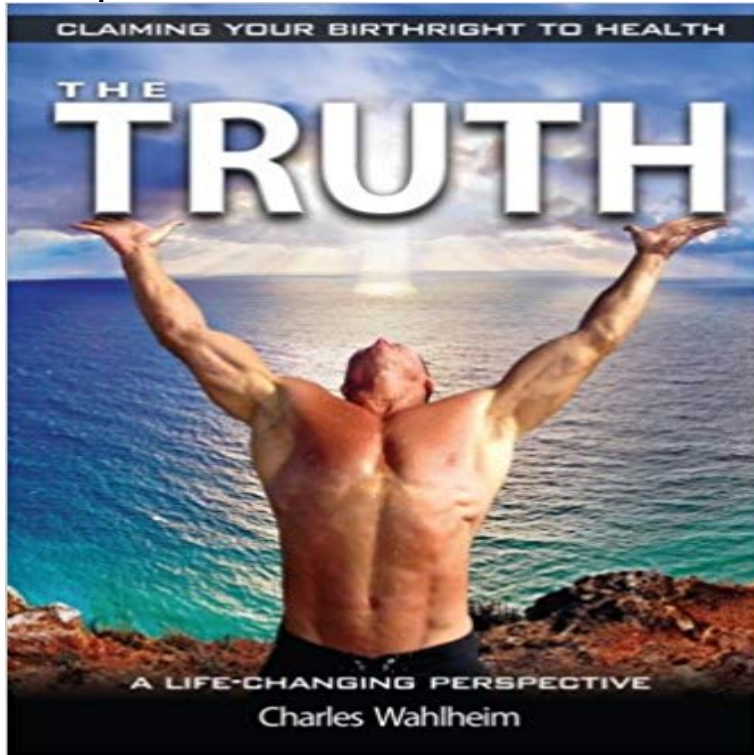


# The Truth, Claiming Your Birthright To Health: A Life Changing Perspective



Every cell has intelligence and when given the right environment, the body is designed to heal itself. This book is a roadmap to freeing ourselves from the bondage of disease by taking back our health and claiming our birthright to wholeness. This new paradigm, which is actually ancient, time tested and divine in its origin, stands on one unflinching truth... that life is in the blood. The Truth: Claiming Your Birthright to Health is your key to complete wellness. Along this eye-opening journey of health empowerment, Leading Health and Fitness Expert, Charles Wahlheim, also cuts through all the mixed messages and nonsense that dominate the weight loss conversation. When you understand how the body works, you can have it work for you and with that, great ease to permanent weight loss and your best body!

Shockingly, there is a dollar and cents component in much of the healthcare industry that has muted many natural and verifiable modalities. Thankfully, this politically incorrect book debunks cultural, dietary, fitness and healthcare lies in bringing life changing health empowerment along with new understanding and hope---in body, mind and spirit.

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