



Forget the Die-Its; Learn to Live-It!

Karen Knox

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A LIVE-it program is designed for long-term, lifestyle improvements with the goal of optimum health- physically, mentally, emotionally, and spiritually. Forget the Die-its; Learn to LIVE-it! will inspire and motivate you to make lifestyle changes, one area at a time, by sharing easy to understand information on topics like nutrient density, protein needs, lethal labels, rest and surrender, water, how to be thankful, exercise, sunshine, and even goal setting. A LIVE-it program is based on principles, education, and encouragement advocating lifestyle changes for long term, overall health improvement. Education must precede motivation. Before one can be moved into action, there must be understanding. Knowledge indeed creates the power to change.

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