

The De Stress Effect Rebalance Your Bodys Systems For Vibrant Health And Happiness

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The De-Stress Effect is a new revolution in eating, exercise and relaxation that will return you to vibrant health by gently bringing balance back to your body and your life.

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Here, in an extract from her new book - The De-Stress Effect: Rebalance Your Body's Systems for Vibrant Health and Happiness - she reveals seven surprising signs of stress and what to eat to ...