I recently read "The Smart Guide to Good Health...for Life!" written by Christine Maiorano. This comprehensive guide to a healthier lifestyle was exactly what I needed. I knew bits and pieces before, but Christine has pulled it all together into one easy to understand eBook. Her ability to educate and provide suggestions in an easy to understand format is refreshing. The Whole Food Supplement information was particularly helpful, especially in this world of unregulated vitamins. I am now better informed and am able to make smarter decisions to live a healthier life. Thank you Christine!

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