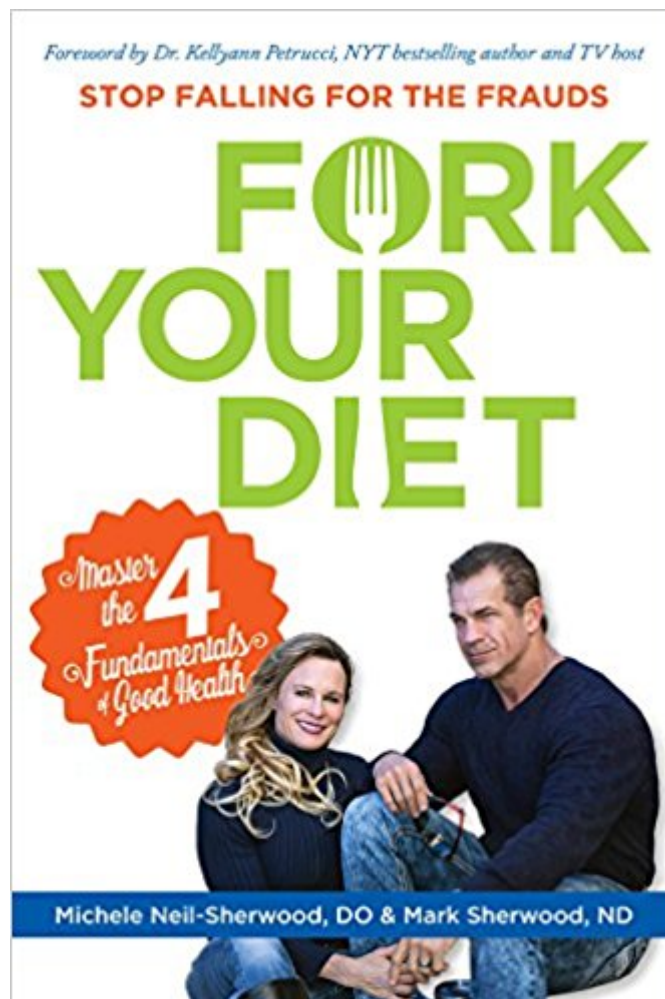




The book was found

Fork Your Diet: Master The 4 Fundamentals Of Good Health



Synopsis

Improve your health and improve your quality of life. Tired of endless cycles of diets and failure to improve your health? Drs. Mark and Michele Sherwood address very practical elements of overall wellness and include inspiring stories from their patients. You will discover:

- How FRAUD foods and attitudes are hurting you
- Reasons your previous diets probably failed
- Diseases we dread, and what to do instead
- How to prepare yourself for success
- What healthy accountability looks like
- How to choose the right wellness professional
- Practical ways to be well from the inside out

More than a diet or exercise book, this straight talk is a proven process for total-life transformation.

Book Information

Paperback: 196 pages

Publisher: Franklin Green Publishing, LLC (October 3, 2017)

Language: English

ISBN-10: 193648742X

ISBN-13: 978-1936487424

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #26,433 in Books (See Top 100 in Books) #21 in Books > Health, Fitness & Dieting > Alternative Medicine > Naturopathy #102 in Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Customer Reviews

“Drs. Mark and Michele provide patients with knowledge and tools that are easy to understand and implement, so they can live well and live longer.” — Dr. Marc S. Penn, M.D., Ph.D., FACC, Co-Founder and Chief Medical Officer, Cleveland HeartLab (Cleveland HeartLab)

Michele L. Neil-Sherwood, Doctor of Osteopathy (DO), has had a successful private practice since 2002. In her and Dr. Mark's private practice at the Functional Medical Institute, she adopts a whole person approach, which is outcome based looking at each individual's unique needs. Her aim is to obtain the highest level of function, and maintain it through a multi-disciplinary collaborative approach. Dr. Michele has been certified and trained through Cenegenics, BioTE Medical, Metagenics, Helms Medical Institute, and AMMG and provides the following medical services: Age Management Medicine, Naturopathic and Functional Medicine, Acupuncture, First Line

Therapy, Lifestyle Coaching, Certified in the Kettlebell Functional Movement Systems, and provides soft tissue modalities of Osteopathic Manipulative Therapy. Mark Sherwood, Naturopathic Doctor (ND), is on a mission to help you achieve wellness in every area of your life. Dr. Mark and his wife, Michele L. Neil-Sherwood, DO, have a successful medical practice, theÂ Functional Medical Institute; also a television and radio program; as well as, provide resources, including their bestseller,Â The Quest for Wellness, nutrition plans, fitness instructional videos, and helpful mental and emotional steps to provide relief from stress and to help people form better habits so they can live well. Dr. Markâ™s passion for wellness motivated him to develop several wellness based courses, which he teaches to law enforcement professionals, corporations, and churches throughout U.S. and worldwide. He firmly believes that each person has an awesome destiny and purpose in life, which can be revealed only through the pursuit of total wellness.â • Mark is a motivational speaker whose presentations are sought by audiences nationwide. His passion and experience for total wellness make him a versatile role model for people of all ages.

[Download to continue reading...](#)

Fork Your Diet: Master the 4 Fundamentals of Good Health Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals) Alkaline Diet Cookbook: Get The Health Benefits of Alkaline Diet & Balance Your Acidity Levels.: 40 Amazing Alkaline Diet Recipes (Alkaline Diet, Health, ... Eating, Optimal Health, Lose Weight Book 2) Paleo Cookbook: The Ultimate Healthy Paleo Diet Recipes for Your Family (Paleo diet, Paleo Recipes, ancient diet, Paleolithic Diet, Low carb Diet, Ketogenic Diet) Atkins Diet: Dr Atkins New Diet

Revolution - 6 Week Low Carb Diet Plan for You (Atkins Diet Book, Low Carb Cookbook, Atkins Diet Cookbook, High Protein Cookbook, New Atkins Diet) ATKINS: Atkins Diet Disaster: Avoid The Most Common Mistakes - Includes Secrets for RAPID WEIGHT LOSS with the Low Carb Atkins Diet (Atkins diet, Atkins ... diet, Paleo diet, Anti inflammatory diet) The All New Atkins Diet: A Complete Guidebook For Balanced Carbs, Delicious Food, And Quick Results (atkins diet, low carb, mayo clinic diet, whole 30, ... diet, dash diet, paleo diet, weight loss) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) Paleo Diet: Paleo Diet For Beginners, Lose Weight And Get Healthy (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet For Weight Loss, Paleo Diet For Beginners) Dash Diet: Top 45 Dash Diet Slow Cooker Recipes Rich in Protein, Fiber, Magnesium, Potassium, And Calcium (Dash Diet, Dash Diet Slow Cooker, Dash Diet ... Slow Cooker Recipes, Dash Diet Cookbook) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) DASH DIET: The Dash Diet Simple Solution To Weight Loss - Includes Over 50 Dash Diet Recipes To Maximize The Weight Loss Process (Dash Diet, Dash Diet ... cookbook, Dash Diet weight loss Book 1) LOW CARB DIET: KETOGENIC DIET: 1000 BEST LOW CARB AND KETOGENIC DIET RECIPES (BOX SET): low carb cookbook, ketogenic diet for beginners, low carb diet for beginners, low carbohydrate diet, ketogenic Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)