

The **Complete Health** Series

Your experts are:

Scott Capelin Troy Morgan
Magic Barclay Andy Budgen David Lee
Matthew Dowling Sean Connolly

Where do you go for your health advice?

With so much information available via the web, TV and in the general media it is difficult to sort myth from fact from fallacy. Common questions like "what do I eat", "what kind of exercise is best for me", "How do I remove the flabby bit here" are all common concerns.

There is a strong argument that claims we are the sickest generation of people to walk the earth and so with all this information, concern and questions come a book. This book comes without prejudice or bias towards a certain product, manufacturer, topic or company. It has been put together by a group of health and wellness leaders who day in and day out positively effect the lives of people by rolling up their sleeves and working to increase the health and happiness of the lives of others.

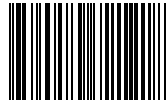
We all need some inspiration in life, why not be inspired to better health and wellness and watch the impact it has on your life.

You should read this book if

- You need to lose weight but are uninspired to start
 - Want to increase your energy
 - Are uncertain about what to eat
- Not sure where to go to for some healthy advice
- Need to take your health and wellness to the next level
 - You are travelling on an airplane!
- Feeling depressed about your current state of health
- Want tips and hints from \$100+ per hour personal trainers
- Why exercise is only a small contributor to better health
 - You are sick of looking for the magic pill



ISBN 978-0-9807212-1-8



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Leading health and wellbeing experts discuss myths, fact and fallacy

100's
of great
health hints
and tips

The **Complete Health**

Series **Edition #2**

Putting the pieces back into the puzzle of health

Scott Krywulycz



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